

Crossroads

THE MAGAZINE

Spring 2003 | Missouri Southern State College



Campus Life

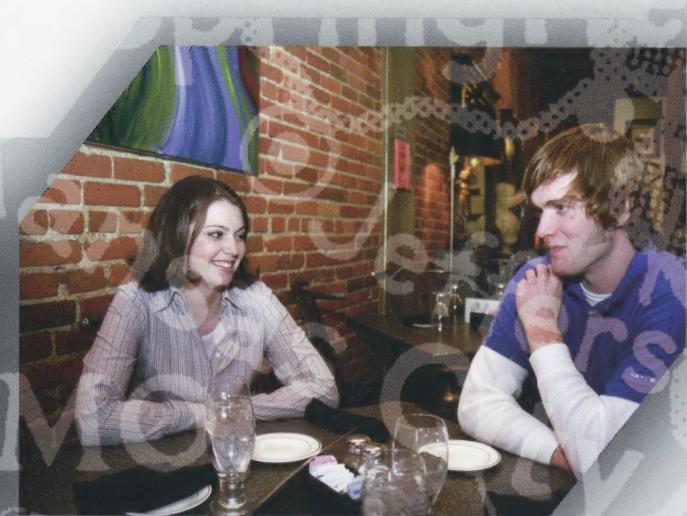
International exchange student finds more than an education

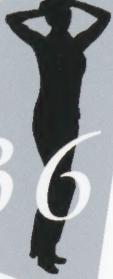
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Blind date leads to fun and fortune

Health and Living

Simply gorgeous modeling career happens by chance





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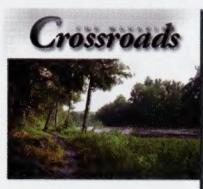
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Fall 2002 Issue



"I have really enjoyed this issue more than any other. Thanks for putting together an interesting, smart and sophisticated publication."

*Dr. James Jackson
Professor of Biology
Missouri Southern
State College*

Contact us via e-mail to let us know what you think.
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Pamper yourself. All my life I've loved to be pampered. When I was younger my friends and I always fixed each others' hair, did each others' makeup, and even painted each others' nails.

I really miss those days. Now, as an adult you have to do everything for yourself, and who has time to play dress up with their friends anymore?

A few stories in this issue have been dedicated to pampering. Find out how to make some of your own pampering materials at home on Page 44 with our story on spas and self treatments. Or you can spend a day at the salon getting your hair and nails done like in our makeover story on Page 41. After spending the whole day watching someone being pampered, you really want to be as well. The photographer of that story went and got herself a makeover just a few weeks later.

It makes most people feel better when they go and get pampered in some way. Just recently I went and had a full body massage given to me. It was very relaxing and a great stress reliever. Things like that can be pricey, but you could ask for gift certificates during the holidays or for special occasions. That's what I did.

If all else fails, you could talk a friend or a loved one into giving you a massage or a pedicure in exchange for one. And it's something different to do, so it could be fun.

If you could take time out of just one day, my advice would be to go get pampered in some way. You'll feel better in the end, and maybe even refreshed. Whatever you decide to do, have fun with it and make the most of it.



Natosha Rogers

Natosha Rogers
Editor

A good friend asked me the other day if I was feeling a little stressed. Stressed? Why on earth would I be stressed? It is really no big deal to help put together *Crossroads: The Magazine*, perform well this semester in school, attend work three days a week, teach Sunday school and Wednesday night youth group at church, and plan my entire wedding before the big day finally arrives in May.

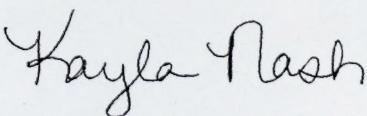
OK, I'll admit it, I am a little frazzled. But, fortunately for me and plenty of other stressed out people I know, this issue of *Crossroads* has several ideas for cutting the strain and enjoying every precious moment life has to offer.

For example, the managing money feature on Page 9 provides an excellent strategy for handling all kinds of current money woes. By putting its tips to good use, budgeting limited cash flow can be a lot easier and even the financial burden of a spring wedding can be less of a problem.

Also, because of the many activities that are on my and others' plates right now, nothing is more valuable than time. The feature story on Page 14, Lighten the Load, describes the issue that surrounds having little time, a concern most college students face. This story also includes a few helpful hints designed to make every minute of the day more efficient, whether you are trying to find time for a social life or squeezing in time to plan a Sunday school lesson into an already overloaded schedule.

Besides correctly addressing stress and how to minimize it, this issue of *Crossroads* also provides several good ideas for releasing it. Working out like a college athlete (Page 11), treating yourself to a makeover (Page 41), or spa therapy (Page 44) are all healthy and desirable ways to release the unwanted stress in your life.

Overall, I am extremely proud of this spring 2003 issue of *Crossroads*. The entire staff has worked hard to make sure there is something in it for everyone. So, if I may ask, what's in it for you?

A handwritten signature in black ink that reads "Kayla Nash".

Kayla Nash

Kayla Nash
Editor



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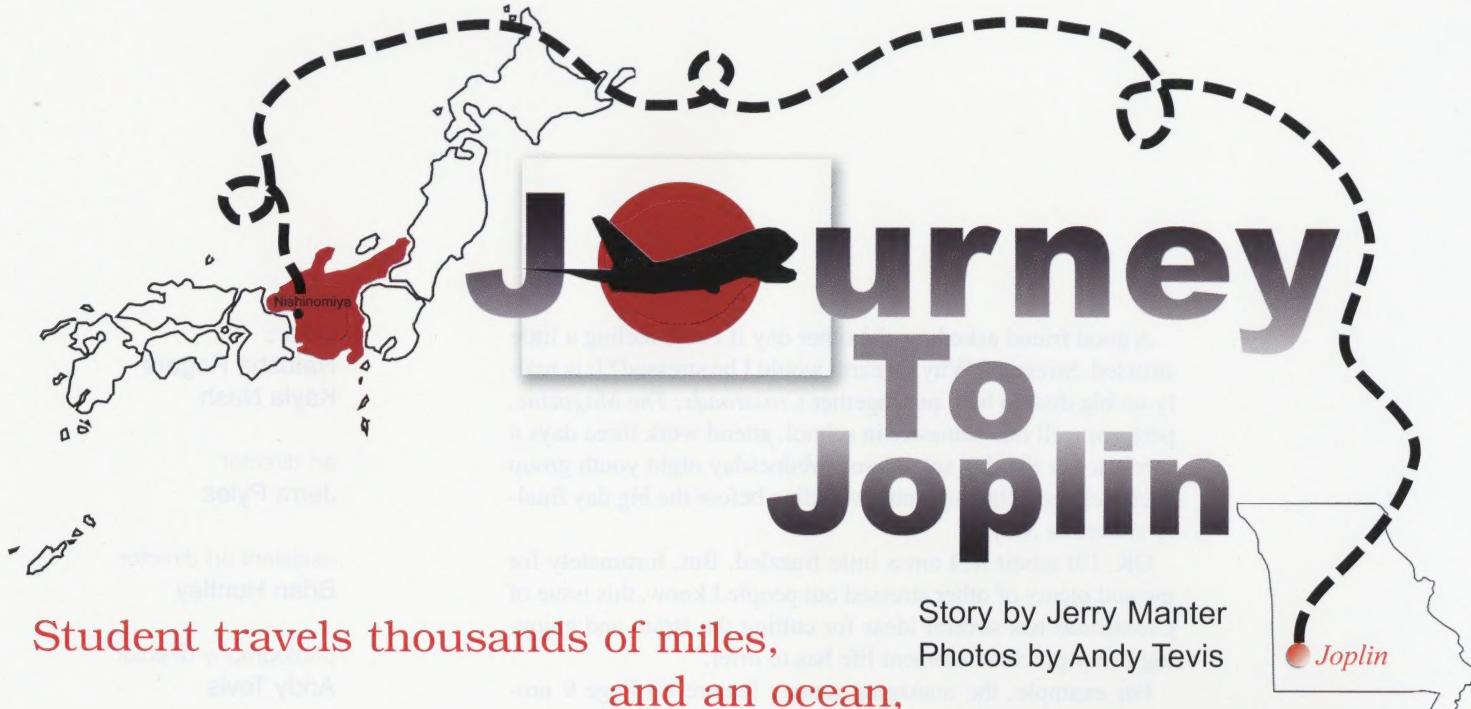
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Student travels thousands of miles, and an ocean,

for a little variety in her education.

Only one thing was on Yuko Nishimura's mind when she said goodbye to her family in the airport before she left for America.

She didn't want to see her mother cry. But her mother Naoko did cry that day as she offered her daughter a few words of encouragement.

"Be careful by yourself," Naoko said. "Take care and call me whenever you can."

Yuko boarded the plane, leaving her friends, family and hometown of Nishinomiya, Japan, behind.

It wasn't until Yuko finally sat down, took a deep breath and relaxed on the airplane when she realized her dream of returning to America was finally coming true.

Yuko was only 4 years old when her family moved to the United States as her father, Masatoshi, accepted a new job with a trading company in Los Angeles.

Although it was challenging to remember the first couple of years, she recalls how happy she was when she could get through a day without being called upon by her kindergarten teacher Mrs. Bixby.

Yuko was bright, outgoing and received strong grades back then.

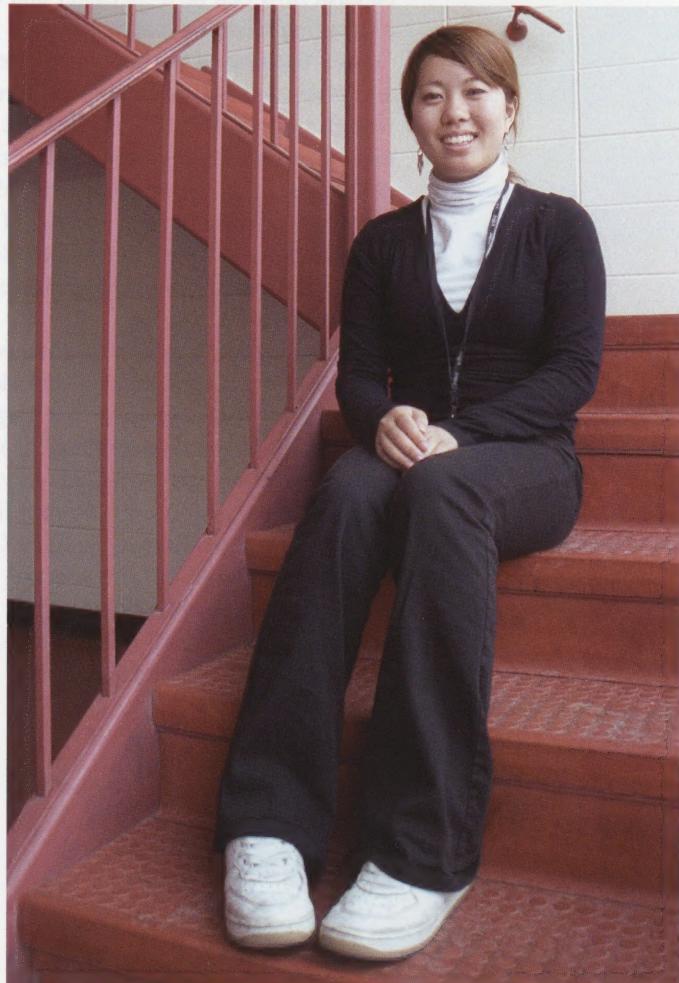
It wasn't her educational background that was giving her so many problems as a young student.

She could barely understand a word her classmates and teacher were saying.

Doing the best she could to answer all the questions, Yuko would simply answer "yes" and "no."

Whether it was science or reading the alphabet, it didn't matter what type of question Yuko was asked to answer. Her response was always "yes" or "no."

"I couldn't understand English," Yuko said. "The kids in the front would always make fun of me."



Yuko Nishimura, a Japanese exchange student from Ryukoku University, studied at Missouri Southern for two semesters.



Yuko and her friend Naoko Ishimoto, help prepare rice during a day of international cooking at their instructor's house.

It was hard in the classroom. An English tutor helped, however, it was never enough to give Yuko the full experience she needed to learn the native language.

Luckily, her family was always there to support her efforts.

"When we came to the United States, all we had was each other," Yuko said. "We didn't know anyone else."

Slowly, Yuko began showing improvement in the classroom and interacting within American culture. For four years, life was slowly taking shape. Playing on the Tigers Little League baseball team and taking swimming lessons at the local pool helped Yuko establish herself.

"I was free in Los Angeles," she said.

As promising as her new life in America was becoming, it was all but snatched away when her father announced the family would be moving back to Japan.

"I was afraid to go back," she said.

"America was some kind of dream, and now I'm going back to reality."

The Nishimura family members began packing their belongings, ready to return to their homeland. Before they left, Yuko's mother told her a few Japanese manners she needed to remember. When sitting down, Yuko would need to keep her legs together. It was considered disrespectful if in any other position. Her mother

also said to be careful expressing herself.

"You have to be more polite," Naoko said. "You have to keep the manners."

Leaving America at 8 years old was challenging. As a child, she had to prepare for a new life yet again.

"I didn't feel like America was real," Yuko said. "I was sad, but ready to go back."

The transformation back into Japanese culture was easy for Yuko. Living near the ocean in Nishinomiya helped as well. She eased back into Japanese society with private schooling six days a week, and began establishing close friendships along the way. Day in and day out, Yuko had to wear a uniform that met all of the school's strict guidelines.

"The skirt had to be below the knee," she said. "We had the same socks and the same shoes. I didn't like it."

She remembered how it once used to be.

"I wanted to wear the clothes that were popular," she said.

School was so strict at times that Yuko had to clean the entire basketball court after she was caught chewing bubble gum.

"Coach figured out," she said.

As petty as those memories were, nothing can compare to when her family overcame the massive earthquake that violently shook her city six years ago. One of her first memories of that horrific



Yuko Nishimura looks at a music CD she purchased for her brother while shopping for souvenirs before her trip home.

day was when her father screamed to the family to get under the table.

"All the glass was falling," she said. "I couldn't believe what was happening."

Moments later, the frightened family eventually found its way outside to see the rest of the neighborhood in ruins.

"I saw fire and smoke," she said.

The earthquake, which Yuko remembers measured at 7.0 on the Richter Scale, devastated everyone she knew and loved. For days, the Nishimura family had to rely on one of Masatoshi's co-workers to bring food and water. They had to drive to Osaka, Japan, just to clean their faces and bathe.

Their home was off limits until further inspection proved the

house was capable of providing a safe roof over their heads.

"My life changed then," she said.

As a young woman attending Ryukoku University, Yuko was riding sky high. She was happy, and had plans of working in sports business. It was all planned out.

"I was thinking about the future," she said.

Memories of the United States soon began flashing in her mind after a friend heard about an exchange program with several American universities. She didn't think it would hurt anything by taking a quick glimpse at the brochure. Assistants in the school's international program office were gleaming about the new school that had just joined forces with their university.

"Missouri Southern was a new school on the list," she said.

Glowing with excitement, Yuko drilled the office assistants with question after question. The first one was probably the most important.

"I had never heard of Missouri before," she said. "I didn't know where it was."

The assistants did their best to describe the little town of Joplin, Missouri.

"They said it was country," she said.

Changing her life around in mid-stream was another roadblock for Yuko. She was young and ready to explore the world outside of Japan. Now all she had to do was sell the idea to her parents.

"Part of me wanted her to go, but part of me wanted her to stay," Naoko said. "I couldn't decide."

Her father, although sad to see her so far away, knew of the educational benefits for his daughter.

"I thought this was a good chance for her to meet with many friends who have different cultural backgrounds," Masatoshi said. "I agreed with her going to school in America."

Everything was set. She had blessings from her parents, and was prepared to take the next airplane to the United States.

Her journey to Joplin was about to begin.

The first day was a wake up call. All the pictures and thoughts Yuko had in her mind were washed away when she saw her new home.

"It wasn't country," she said. "But I was happy to be here."

Along with five other students from her university in Japan, Yuko moved into the residence hall in February 2002. Overcome with excitement, the group wanted to get out, stretch their legs and explore Southwest Missouri.

The only problem was they didn't have much in the means of transportation.

They pulled a few hundred dollars together and bought a 1989 Astro Van. Not the most fashionable ride in town, but it worked for them.

"We were thinking about going to New Orleans," she said.

A few days later, the van died.

"We were so sad," Yuko said.

The first semester was the most challenging for Yuko. Trying desperately to adjust to American culture, she always had her Japanese friends for comfort.

"It's really comfortable to speak Japanese when you're upset," she said.



Yuko Nishimura, center-right, stands in front of her on-campus apartment with some of the friends she made during her stay in the United States. International students pictured include Naoko Ishimoto, left, Mirei Oi and Tutty Faal.

As much as her friends meant to her, Yuko always wanted to branch out and meet as many people as possible, but it was hard.

"I was nervous that first semester," she said. "It was really hard for me."

Her biggest challenge would be to walk up to a group of American students and begin joining their conversation. It didn't always go so well, leaving Yuko by herself and lonely at times.

"I would always do things by myself," she said.

As hard as the lonely times were, it helped her realize she didn't always have to depend on her friends from Japan.

"I always thought I had to be with international students," she said.

"I figured I didn't have to when I didn't want to."

Life in Missouri couldn't be more different than from Japan. Manners, customs, people and the food were all things Yuko challenged herself to experience.

"I get bored," she said of the food. "The taste is so strong, and it's not healthy."

She's had the opportunity to grab a few slices of pizza as well.

"I think pizza is really good, but I can't eat it every day," she said.

On the weekends, her friends have attempted to experience as much of the Joplin social life as possible. Usually, they ended up watching a movie at the theater. Watching *Lord of the Rings*, and *Star Wars*, however, required a little bit of work from the international students.

"I had to imagine what they were saying," she said. "They talk so fast."

While the food has been interesting, and the social life has been awkward at times, it's been the people who have made Yuko's experience come alive.

"I was so surprised when I got here," she said. "People I don't know say hello to me. That doesn't happen in Japan."

A little lost for words, Yuko said she had mixed feelings about returning to Japan in December. She knows her experience with Southern was one of the best things that ever happened to her. She feels good inside about what she has accomplished. She was truly happy.

"I might feel like I want to come back to America," she said. "I want to meet more people."

"I might feel like I want to come back to America. I want to meet more people."

Money Management

By Shaunda Walker

UNITED

"I had to put myself on a budget. I keep track of what I spend money on, and I try not to spend it frivolously."

STATES



OF
AMERICA

Suffering from an extreme lack of funds? Here are some great ideas to turn debt into dollars.

Money doesn't grow on trees. Parents often scold their children regarding funds using this popular cliché.

David Hamilton, junior education major at Missouri Southern, said he didn't learn how valuable those words were until he became an adult and had to manage his own personal finances.

"I used to always stress about money, and I think it was because I spent so much of it on stupid, insignificant things," Hamilton said.

Hamilton laughed and groaned simultaneously as he reminisced about the care-

less ways he used to spend his money.

"I would spend like \$40 a week on alcohol and about \$30 a week eating out and on fast food and at least \$20 on cigarettes, not to mention the \$40 a month I probably spent on CDs," he said.

Hamilton said he knew he was wasting money and did not want to end up in a predicament he had been in before. Hamilton isn't ashamed to admit he learned a valuable lesson the hard way. After accumulating a great amount of debt in his mid-20s, he had to file for bankruptcy at age 28. Now 31, Hamilton said he has

a better grasp on his funds, thanks to budgeting and prioritizing.

"I had to put myself on a budget," he said. "I keep track of what I spend money on, and I try not to spend it frivolously."

College is a time where many find themselves trying different strategies in efforts to cut costs and save a few pennies. But some find it difficult to do so when they spend their money on what is a necessity to them at that moment. Southern financial adviser Mark Frerer said instant gratification is what lures students into debt and many aren't aware of

how deeply they are getting into debt until it is too late.

Best friends Krista Twenter and Brent Thompson understand how easy it is to find themselves broke and still spending money on things they could maybe do without. Both students confess they will scrape up money, even change, to buy cigarettes. Twenter claims cigarettes, which average \$4 a pack, are anything but cheap.

"You don't even realize how much money you are spending until you step back and look at it and are like, 'oh my gosh,' I could use that money on all the things I complain I don't have money for," said Twenter, putting out her cigarette and gathering her things to head to class. "I couldn't even buy a schoolbook for a class because I didn't have any money, but somehow I managed to buy a pack of cigarettes."

Twenter was thankful she wasn't the only one in her class with this problem, but she confessed it was still embarrassing.

Author Angela Nissel has an answer for individuals like Twenter, who have to get by even if they don't currently have the means to do so. Nissel is the author of the best-selling journal turned novel, *The Broke Diaries: The Completely True and Hilarious Misadventures of a Good Girl Gone Broke*. In the book, Nissel describes her day-to-day exploits of scamming food and books and how she scraped by on very little.

Nissel's account of college life, though dramatized, isn't as far-fetched as some would like to think. She even offers some tips to those who scrape up and buy her book on how they can save money. For instance, for those in situations like Twenter's, she suggests posing as a teacher's aid and buying the books at a discount or even getting them for free. She said teachers always receive more books than they need for one class, so it isn't going to hurt them, and books can even be sent to one's own house. (FYI: Times have changed slightly since Nissel's college days and ID is required to receive these discounts now.)

Scams are not the only way to get by in college. Some think credit cards and loans are the answer. Frerer said he advises his students not to acquire more debt than they will be able to repay.

"The trend right now among college stu-

dents is to take out higher Stafford loans than they need to pay tuition and use it as spending money," he said, "Since I have been here, over 12 years, I have seen the amounts of loans continue to rise above the need. And this is money that has to be paid back, so they should really stop to consider and think about their future and their possible fields of employment before they take out a pricey loan."

Frerer said some students will have to take out a loan to afford school costs. This

**"I just want
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even after school."**

is fine, as long as they realize that is what the money is for, and that it adds up.

As a dependent undergraduate, a student can borrow up to \$23,000, and as an independent student, up to \$46,000. This is all money that must be paid back. Frerer shook his head when he said certain jobs aren't going to pay as much as students would hope; their debt will be worse when they get out of school.

Kathy Thompson, senior English major, said she knows how bad things can get. She is a non-traditional student who has not only had to cut corners to make ends meet but also use her student loans to get by. She said worrying about debt and school combined is almost unbearable at times.

"I do stress trying to figure out how to work to help pay bills," Thompson said. "Then when you do that, your schoolwork suffers because you can't devote the time

needed for studying. I don't know how I cope."

Coping is something Thompson said happens on a daily basis and paycheck to paycheck. She said she doesn't save money because she divorced recently and doesn't have it to save.

"I had to budget," Thompson said. "I budgeted my bills by keeping basic cable, rarely renting movies, and changing Internet services to a cheaper one. I turn heaters down during the day and while we sleep, and I use loan money from school to buy school clothes and pay bills that I might have gotten behind on."

Situations like Thompson's are the ones Frerer warns about.

"I just want everyone to understand that to stay out of debt or to pay it off takes a lot of discipline and it is something you have to establish early or your bad habits will follow you even after school," Frerer said.

He said this is true of any bad habit. One of the worst habits he said the American culture has right now is the desire to have "what we want when we want it."

"We are a very 'we want it and we want it now' society," Frerer said. "We are a 'right now' culture, and that is why so many of us are in debt. We have to take precautions to teach our students early how to budget their money out over time and look toward the future."

"A student who is able to work and save may not gain as much right now, but in the long run, they will be better prepared to handle real life expenses, and they will know how to maintain and handle a budget and how to be responsible. It is a lesson in real-life experience for them."

Frerer admits his advice sometimes falls on deaf ears, but for those interested in how much debt they are racking up, they should visit the MOSTAR Web site and learn more about how to afford college, especially with tuition continuously rising.

There are always ways to cut back on spending, whether it's following Frerer's words of wisdom or the unconventional life lessons of Nissel. Who knows, maybe everyone has their own creative ways of saving cash.

"Hey, the chick in *The Broke Diaries* got to do her laundry at the house [where] she was pet sitting. There are always ways," Hamilton said.

TRAINING

Story by Kayla Nash
Photos by Christine Thrasher



Missouri Southern athletes share personal tips on staying fit.

With the warm embrace of summer beginning to creep around the corner, people everywhere are skipping dessert and preparing for the return of their long-forgotten swimsuits. Fill up the water bottles again, it's crunch time. That's right, crunch time...one hundred crunches before breakfast, a quick run in the afternoon, some weight lifting after "Friends" and don't forget to squeeze in two hundred more crunches before bedtime. Whew! People would do anything to look and feel better before it's time to shed the layers and head into the heat of summer.

Some students at Missouri Southern, however, have been working this hard all year long. Whether they play football or tennis, dominate on the soccer field or shoot a mean three-pointer, Southern's college athletes know the importance of their physical conditions. Here is a closer look at the daily work-outs and eating habits that some of Southern's finest Lions live by in order to succeed.

DAY

Students like Southern linebacker Josh Elmer, senior physical education major, have never had a break from their daily routines...and they don't necessarily want one. Standing at about 6-foot-1, weighing in at 213 and benching more than 365 pounds, Elmer is dedicated to his time in the weight room.

For Elmer, the decision to make football and strength training a high priority came just after several injuries he had in high school in Fairland, Oklahoma.

"After a broken wrist, a broken toe and knee surgery, I figured I needed to drink some milk or something if I wanted to play football," Elmer said. "My knee surgery was scheduled for the day after Christmas my sophomore year — I started lifting then."

Elmer's hard work brought him through two successful years in high school. Steadily, his weight room routine became less of a choice and more of a habit.

"I really started liking the weight room," he said. "I started to really gain weight and began to really like the training aspect of football."

After graduating from Fairland, Elmer went to Northeast Oklahoma Junior College for two years before moving on to Southern. Elmer said he chose to make his home at Southern because of the outstanding coaching staff and the phenomenal facilities.

Elmer put those facilities to good use when he first arrived at the College and has since continued to benefit from all that Southern athletics has to offer. He notes that the prime time for the betterment of his game is right now, during the off season.

"Right now is when you start getting into a rhythm, and you start to see the effects," he said. "A lot of people are impatient and they think, 'Once I start lifting, I'm going to get huge.' They end up not seeing results right away, and then they never finish."

"You have got to follow through because when you do stick with it and start seeing the effects it builds, it is a lot easier to continue on."

Elmer said a successful weight routine is also dependent upon the daily work out times the athlete chooses. He said working



Josh Elmer works extensively through a set of bench presses as part of his regular strength training routine.



out the same time of day has always been essential for his program.

"You have to do it at the same time, otherwise, you throw the body off," he said. "If you are very inconsistent with it, it won't work."

Though it is necessary to be in good cardiovascular shape for football, Elmer said endurance isn't nearly as important as pure agility and quickness.

"In football it all happens so fast," he said. "People don't understand how quick the game really is, especially in college."

He said the team tries to focus on powerful speed bursts, instead of a lot of distant running.

"You have got to be fast because those little tailbacks can move," he said.

Another vital element for a good football physique is a well-developed, muscle-building diet.

"I eat proteins and carbohydrates," he said. "Those are the things that build muscle, and that's what we're after."

A typical daily menu for Elmer consists of a quick, nutritional drink for breakfast, and Sam's special Chicken Cordon Bleu and two eggs for lunch. For dinner, Elmer usually goes out for a burger or two, but he has also been known to dine in the campus cafeteria.

"I'll eat in the cafeteria a couple nights a week, and definitely if it is steak night," Elmer said.

He washes it all down with refreshing water or Gatorade...except on Sundays.

"I do drink pop on Sundays," he said. "It is sort of our family tradition to go out for pizza after church and drink their refillable pop."

Though not everything he eats is healthy, Elmer said he burns enough calories in the weight room that it all pretty much evens out. He said developing and sticking with a training program is imperative to the health of everybody, not just serious athletes.

"A lot of people think, 'Once I start lifting, I'm going to get huge.' They end up not seeing results right away and then they never finish."



(Left) Elmer pushes some repetitions on the shoulder press while coach Jonathan Gray assists. Weight training is important to build muscle. (Above) Brian Lyons stretches before a run. Thorough stretching is essential in preventing injury. (Below) After a tough workout, Elmer often replenishes his thirst with Gatorade.

"Hard work and dedication pay off," Elmer said. "If you do a workout, do it hard and do it when you are supposed to, I don't think you can go wrong."

Though 9 a.m. may seem too early to do anything other than sleep or attend class, Brian Lyons, senior environmental health major and All-American track star, has already ran about six miles.

He wakes up at 6 a.m. every morning and runs two and a half miles to school with his roommates and another four miles with the rest of his distance track team. And every night, starting at 4:30 p.m., after all his classes are over, Lyons runs another eight to 11 miles.

"Last fall I was doing 95 to 100 miles a week, about 15 miles a day total," he said. "But when you get 10 guys with you it is pretty cool. The different personalities build a camaraderie among you."

Though Lyons is now completely dedicated to track and knows the power of quality running time, he wasn't always excited about this type of extensive training. He remembers his laziness in high school, as compared to now, and the transition he undertook to go from that type of competition to the more difficult college level.

"When I first started I was pretty horrible, and I really didn't know what to expect," Lyons said. "So as you can imagine, it was a pretty big shocker when we started running 100 miles a week. Also, I had bad shoes, and my feet were always bloody."

Lyons took on the challenge, however, and became one of Southern's toughest cross country, indoor and outdoor track competitors. Lyons admits another factor that has played an involved role in his athletic performances is his healthy, controlled diet.

**"Everyone has their thing.
I eat Malt-O-Meal every morning.
I like it because it gives you the vitamins and calcium you need."**



"Everyone has their thing," he said. "I eat Malt-O-Meal every morning. I like it because it gives you the vitamins and calcium you need."

He said at lunch he mostly consumes pasta and other kinds of starchy foods.

"I get those pasta bowls you can get in zesty garlic and parmesan," he said. "I try to stay away from greasy foods."

"We treat our body's so hard that it is better to eat well. I eat a multi-vitamin every day."

Dinnertime for Lyons is where he includes the vegetables he needs. He usually eats them with chicken and even more pasta.

"Tuesdays are different because we all go out to Subway and I have the \$2.99 sub sandwich," Lyons said.

Though it is not a high priority for runners as a whole, Lyons does spend some time in the weight room.

"Twice a week I do light weightlifting with a lot of repetitions," he said. "We work out everything, but focus a lot on abs."

For Lyons working out and running is a part of living, but he realizes the exercise is not for everyone.

"It feels bad the first couple times you run," he said. "Running is just like everything else. There is a two-week rule. Give it two weeks, and if you don't like it, move on to something else you might enjoy."



"Whatever your mind can conceive and believe, you can achieve."

These inspirational words hang on a bulletin board just inside the Lady Lions volleyball locker room. Kym Mutert, junior physical education major and setter for the volleyball team, understood these words of wisdom well before she arrived at Southern her freshman year.

She was working hard on the volleyball court every year in high school, as well as playing club ball during the off seasons.

"I learned how to play every position on the court, and it became something I could do very well," she said.

Her many coaches taught her the proper workout methods and nutritional habits a good athlete must adapt.

"They told me what I should be eating and where it was going," Mutert said. "They broke it all down for me, but I chose whether or not to follow their program."

She chose to take what her coaches said to heart, and she now has a healthy routine that keeps her in great shape and full of energy for practice.

"It has to be a total lifestyle change," she said. "It can't just be for athletics."

On the average day, Mutert wakes up with a favorite brand of sugarless cereal. In her experience, it is better to eat the biggest meal of the day around lunchtime.

"For lunch I'll usually pack a turkey sandwich and an apple or orange," she said. "I think eating the most in the middle of the day is better than eating a huge dinner at night. This way you are able to burn off more calories and have enough energy for the bulk of your day, instead of right before you go to bed."

Mutert includes vegetables with chicken and rice in the evenings.

"I also usually eat a fruit cup or fat-free pudding cup as a snack before bed," she said.

As with any college student's daily behavior, Mutert's eating habits vary slightly on the weekends. She and her roommate love to order a pizza on Saturday and Sunday afternoon.

student's daily behavior, vary slightly on the weekend.

"I do tend to splurge a little bit on the weekends," she said.

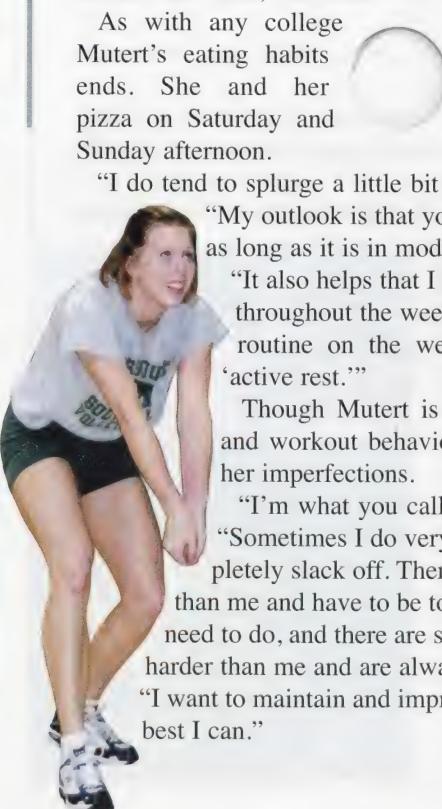
"My outlook is that you can eat anything you want as long as it is in moderation.

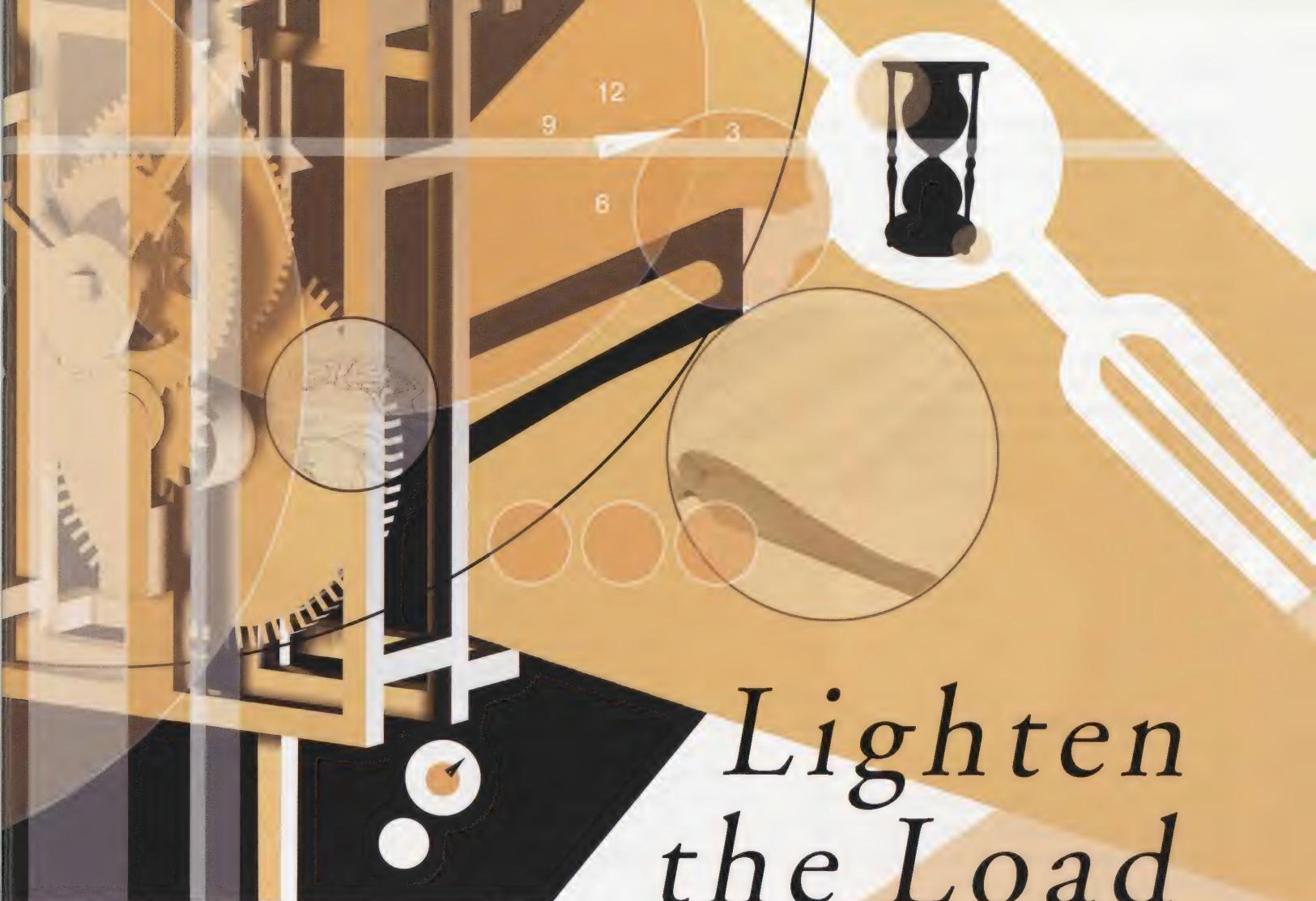
"It also helps that I know I will be working hard throughout the week and doing my usual cardio routine on the weekends. It's what you call 'active rest.'"

Though Mutert is conscious about her eating and workout behaviors, she is the first to admit her imperfections.

"I'm what you call a middle athlete," she said. "Sometimes I do very well and sometimes I completely slack off. There are athletes who are worse than me and have to be told a million times what they need to do, and there are super-athletes who work a lot harder than me and are always practicing their sport."

"I want to maintain and improve and always try to do the best I can."





Lighten the Load

By Natosha Rogers

Students and faculty practice to weigh out their priorities.

Stress is a common enemy to most people. Everyone seems to need more time in their day. Stress and time management go hand in hand.

If given enough time to complete all their tasks, it is quite possible individuals wouldn't be stressed. If people wouldn't attempt to do so much and set unrealistic goals for themselves, then life could be much simpler.

Kelly Wilson, director of the student support center at Missouri Southern, helps freshmen and students with undeclared majors through their first-year experience.

"The student support center is a multi-faceted department," Wilson said.

"We do workshops on time management, study skills, stress management, test anxiety

and those type of topics."

For most, when it comes to time management, the biggest enemy is procrastination.

"The best tip I can give is work on procrastination," Wilson said. "Some students say, 'Well, I work better under stress.' What happens though, is that some stress is good and can be a motivator, but a lot of times it's a crippler, and it enables us from doing our best."

Using free time more wisely can help students have less stress and possibly raise their grades.

"If they (students) would give their subjects time every night, just to review notes, they are putting that information more readily into their long-term memory,"

Wilson said. "So, when it does come time to study, they're just bringing it back to the forefront."

Another thing that can improve time management, which in hand will cause less stress, is being organized and having a good planning system.

"I think using a planner is very important," Wilson said. "Having one planner for everything — your personal life and your academic life, and just putting things down in there like when assignments are due and what you need to read."

When students are under a lot of stress, the support center can assist them to a certain extent.

"We can do some level of counseling here," she said. "In moments of crisis,

we're kind of like first responders. We get them to where they can cope a little bit and then get them additional assistance if it's needed."

Tracy Parker, nursing major, has some hectic mornings when she has to get her son ready and on the bus by 7 a.m., take care of their animals, and then drive from Lamar for class.

"My first class is at nine, and I'm on campus until at least one," Parker said. "Then, depending on if we need groceries, I go to the store before I drive back home."

Mornings aren't always the most hectic part of the day for Parker. Her afternoons can be even busier.

"My son gets off the bus at about 4:30 if he's not in tutoring or doing an after school project, which then I would have to go pick him up," she said. "Depending on the day of the week, because we don't live in town, we live out in the country, I have to turn around and drive him back into town for youth group or something else, and sometime between that and getting home, we eat something."

Even with all this, Parker manages to find time to study and make good grades. Her husband and son support her return to school.

"My main reason for going back was because whenever I was working full time doing clerical accounting jobs, I left the day and didn't feel fulfilled in any way," Parker said.

"I didn't feel like I had made an impact on anyone, and nursing was something I'd always wanted to do."

When stressful times approach Parker, she tries to focus on the positive things in her life.

"I am fortunate because my son is older," she said. "I have a lot of time to myself during the day when he's in school."

Southern's offensive line football coach, Andrew Schneider, is an optimist as well. He describes himself as someone who is laid back and tends to think of obstacles as challenges.

"I just got done selling our old house in Kansas City, building a new house, and I'm coaching football," Schneider said when describing the stressful things occurring in his life. "Our recruiting season is coming up, so I'll have to be gone quite a bit, my wife is pregnant, and we're living in Pittsburg right now because we had to

be out of our apartment on Saturday, and our house won't be done until Friday."

One way Schneider copes with stress is by exercising, while Parker likes to read books and relax to cope with her stress.

"I have that down time with driving which is a way, I think, I cope with stress," Parker said.

"I have that 30 minutes to school and the 30 minutes home, which is the most important. I can listen to the radio, and I like to read books, so I started listening to audio books in the car."

Wilson said during stressful times individuals abuse themselves more than they take care of themselves.

"Exercise, nutrition and rest are key," she said.

"During these times, it's real important to take care of yourself. Get sleep, eat correctly, and do something that will expend energy."

Most people direct their stress toward someone. Schneider takes some of his stress out on his mother.

"I become short with her," he said. "I didn't realize this until recently, but I'm working on it. Also, a little bit with my wife, but I try not to because she's in a fragile state right now."

Parker relies on her husband when she's stressed.

"I did have to realize to set limits," she said.

"I mean, I can't try and do everything all the time. My husband and I actually take turns. If I cook dinner one night, he cooks dinner the next night."

At the beginning of the fall semester, Parker had many dis-

couraging things happen in her life.

"My son, who is attention deficit, had to start a new medication, and we weren't going to know how that was going to work until we went back to school," she said. "My husband had a gallbladder problem and had to have his gallbladder removed. Then, his grandmother passed away, and I went back to school."

"Also, the TV broke, and my car was in the shop. Things that haven't happened in the last three years had all happened in the past three months."

Parker looked at the positive side when all this occurred.

"I take everything as it comes to me and make the best of what it is," she said.

Schneider has a similar outlook on life.

"I'm an optimist by nature because that's the way my parents are," he said.

"When things in life get hard, that's just the way things are. Try to work through it instead of worrying about it."

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Is this College?

Column by Jerry Manter

Balancing social and academic life can be challenging.

So many people have told me I'd have the time of my life in college.

It's been three and a half years now, and I'm still waiting for that to come true.

During my time in college, I've been forced to put a lot of things on hold. And, I

my back for the last three years. Wanting so desperately to enjoy some of the last days of my youth has been a dream. My dilemma is simple. How do I balance a social life against a managing editor position on the school newspaper, an associate editor position on *Crossroads*, taking 17 credit hours at Southern and working 14 hours a week? Is a social life even possible?

It's been busy, to say the least.

Monday through Wednesdays are usually completely devoted to the newspaper. Setting up interviews, writing stories

want to forget about neutrons, research papers and all the other academic nonsense. I want to spend time with friends and have a good time.

I want to experience college.

These past couple of years have come and gone, and yes I'm still waiting. I'm waiting on breaking out of my shell. I see on television how much fun college students are having. I see students screaming their lungs out at the big football game. I see all the fraternal camaraderie, the friendships and of course — the parties.

I'd love to have the experience. It's hard knowing deep down that it's never going to happen.

Maybe I'm too devoted to not sinking in the upcoming real world. Maybe I'm scared. I'm eager to jump into the working class and begin making money. I'm tired of not having a savings account, and I'm tired of working for chump change. I'm ready to live comfortably and succeed in journalism — a profession I find fascinating.

The long weekends in the newspaper office, and the dedication that I've placed upon myself need to pay off in the end. I've come too far to let all the work go down the drain.

I can't let it happen. And, I won't.

I had to quit work. Even though I wasn't even working 20 hours a week, it was still too much for me to handle. If I didn't have my father's financial support, I'd really find myself in a bind. He's offering more than just a check every month. He's giving me the opportunity to catch up in classes and a little peace of mind.

So, I really don't know what to do. Maybe I should keep trucking along, hoping for the best. Maybe my college experience is different than others, and that's something I'm going to have to accept. As disappointing as it is, deep down I'm excited for what's out there. I can't wait to finally have the world at my fingertips.

I just hope I'm ready.



think now it's finally catching up with me.

I heard about the party Saturday night, but was disappointed about my conflicting schedule. The next night, instead of getting out of the apartment, spending time with friends and enjoying that funky Mid-western beer, I was stuck in front of the computer working on homework.

As fun as it is to write an interpersonal communication analysis paper late on a Saturday night, I couldn't help but think about all the fun I was missing.

I wrote two papers that weekend. It felt nice to finally finish them, but it was a little disappointing Monday morning when I had to hear about how much fun Saturday night was.

It feels like I've had my arms tied behind

and helping *The Chart* newspaper crew finish the paper until two or three in the morning isn't unusual. If I'm lucky, I'm able to catch up on homework and study during the weekends.

Life is tough, and maybe this is yet another challenge for me. I've been told I'm carrying too much of a load. I know I shouldn't be doing this much. I can't quit the newspaper or the magazine, because it's helping pay my tuition. But when is too much really way too much? So many nights I come home and sit down. I'm so physically and mentally tired that I don't have the energy to do the things I need to do. Washing a couple loads of laundry was tough last night. I was tired.

I want to forget about the Spanish test. I

Incredibly Fun

Story by Kayla Nash
Photos by Andy Tevis

Springfield's Incredible Pizza Company draws customers of all ages with its warm atmosphere, fantastic fun and piping hot pizza.

The encircling walls of the roadway have been painted to resemble a crowd of racing enthusiasts alive with anticipation. The recognizable voice of Elvis Presley is heard just above a distinct smell similar to that found inside an auto parts store. As the racers nudge their high-speed go-karts against the starting line of the fast track, a small voice is barely heard over the uproarious laughter and cheering.

"Come on Brittany, you can do it!" yells Helen Adams, mother of a 13-year-old go-kart contestant who is enjoying her birthday party at Springfield's Incredible Pizza Company. Helen stands out in the crowd because of both her appearance, she stands about 6 feet tall with a messy bob of flaming red hair and wide wire-rimmed glasses, and her booming vocal chords.

The rest of young Brittany Adams' party surrounds her with engines revved. Stronger looking than most seventh graders, fair-skinned and bright-eyed, Brittany is unsure of the machine she controls but still quite secure in her ability to become the race's victor.

The announcer entertains the crowd, wishes young Brittany a "Happy Birthday" and prepares to sharply wave his crisp, green starting flag.

"On your mark, get set, GO!"

With their hearts already racing, the drivers uneasily push then confidently power press the foot-shaped gas pedals found on the right side of each floorboard. The race is on and Adams has taken an early lead. She can practically feel first place within reach.

The multi-level go-karts are only one aspect of entertainment Springfield's Incredible Pizza Company has to offer. The birthday party guests, along with the rest of its lunchtime customers, also came for the fun family atmosphere, the delightful arcade games and especially to enjoy the "incredible" pizza.

The family-focused and God-centered pizza company was an idea owner Rick Barsness had been chewing on a long time. He

has worked in family entertainment for 25 years, including ownership of seven Mr. Gatti's pizza restaurants throughout the state of Texas.

"My wife works as an interior decorator, and after a lot of teamwork, she and I came up with the design and theme of the Incredible Pizza Company," Barsness said. "Our children also put in time at the company. No allowance is given at our house; they have to work for what they want."

In their well-defined mission statement purposefully hanging on a wall near the front of the restaurant, Springfield's Incredible Pizza Company proudly proclaims it is managed according to the principles found in the Bible.

"We are Christian owned and operated," said Michael Eldred, director of training at the company. "Our entire theme revolves around family values."



Rick Barsness, owner of Springfield's Incredible Pizza Company, stands near the front entrance of the restaurant's 1950's style room.

A combination of those values and 1950's flare brings a truly unique aura to the restaurant. One room, dubbed The 50's Diner, brings fun, red-cushioned comfort to a swarm of pizza lovers. With even more room for seating, the company also offers what is called the Family Room.

"Both these rooms are our customers' favorites," Eldred said. "The Family Room has classic green curtains joined with pale green 1950's style walls.

"It also includes two televisions that only show wholesome programs like the original 'Batman and Robin,' 'I Love Lucy' and 'Leave it to Beaver.'"

Directly across from the Family Room is a room the company calls its Gymnasium Room.

From its hardwood floors to its solid wood picnic tables, this room looks as though it was taken straight from 1952.

"We also have old high school banners decorating the walls, real basketball goals and a stage that some of our parties have used for everything from concerts to sock hops," Eldred said.

Barsness said the Gymnasium Room also works exceptionally well for the abundance of parties the pizza company hosts.

"There is a lot that goes on during a given week," he said. "We average about 125 parties a week, including a huge amount of

youth group lock-ins that come in."

From this room, customers could hear the faint sounds of young, giggling seventh grade girls while they devour their pizza. The birthday party has chosen to nestle inside the soft glow of the pizza company's Theatre Room.

"Oklahoma is playing today, and I didn't want to miss that," Helen Adams explained while the girls headed back for a second helping of pizza. "They (Incredible Pizza) have weekly family-approved movies that feature everything from *Little Rascals* to Elvis Presley."

Next to the piping hot pizza, however, the pleasurable atmosphere of the restaurant is only an added bonus.

Homemade with original recipes and block cheese brought from Wisconsin, the pizza company's \$5.99 all-inclusive, all-you-can-eat buffet is something most everybody can appreciate.

"We have over 80 items between our pizza buffet, salad bar, potato bar, pastas and desserts," Michael Eldred said. "We even make our own marinara sauce."

The girls seemed to enjoy their pizza, too, since several of them returned for a few more slices. Some of their favorites included pepperoni pizza, macaroni and cheese, ice cream and chocolate dessert pizza.

Incredible



The family orientated Incredible Pizza Company features mostly sports related games including go-carts, bumper cars and miniature golf.



A crowd of customers hovers around the large buffet area at Springfield's Incredible Pizza Company. More than 80 items are available to eat including items in the restaurant's pizza buffet, salad bar, potato bar, pasta bar and dessert table.

"I put chocolate ice cream on top of the chocolate pizza," said young Katie Kleeman.

The most interesting and widely acclaimed part of the Incredible Pizza experience is by far the restaurant's deluxe arcade extravaganza. The Fairgrounds, which the area is formally called by Incredible Pizza goers, is home to a range of arcade and carnival-style games, bumper cars, a discovery zone, nine-hole putt-putt golf greens and the infamous go-karts. The Pizza Company has come up with a New Age debit card system for easy access into every game.

"We have stations set up around the gaming areas where customers put their desired amount of money onto a plastic, bar-coded card," Eldred said. "One really cool thing about the cards is that every time you play a game a screen pops up and tells you how much money you have remaining."

As in customary arcade tradition, game players receive tickets redeemable for a variety of prizes at the prize counter. Eldred said the prizes at Incredible Pizza Company are prizes customers can put to real use.

"Most of our prizes can be found at Wal-Mart or Target," he said.

"I remember this one time when a family got all their prize tick-

ets together and walked out of here with a George Foreman Grill."

While under the same family values umbrella, the majority of the restaurant's arcade games are sports-related.

"There is no blood, guts or gore in any of our games," Eldred said. "So far, there have been no complaints yet."

Barsness realizes the great success of the Incredible Pizza Company, and vows the operation will not end in Springfield.

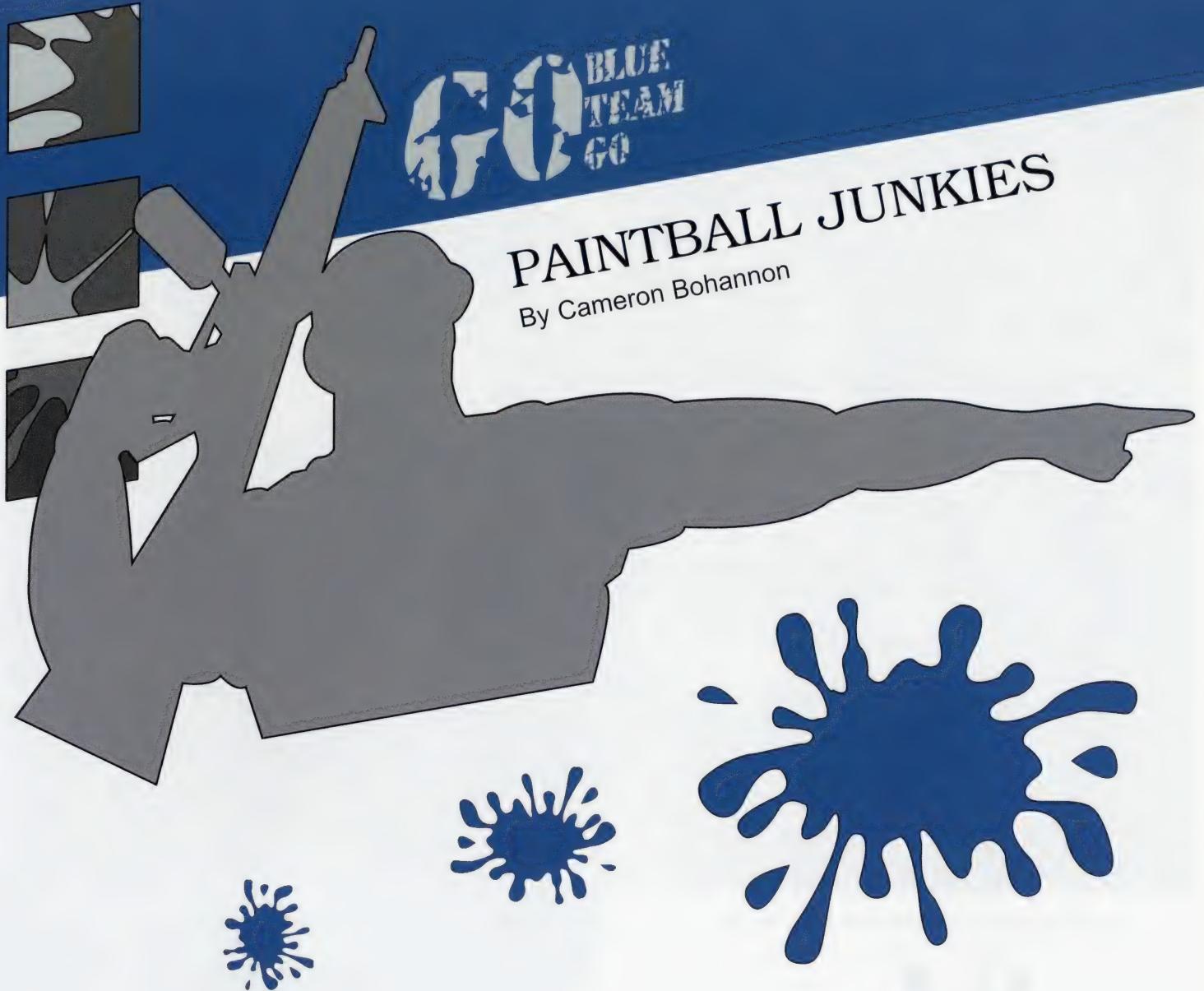
"We are planning a grand opening in Tulsa this spring and have 20 restaurants lined up to start building over the next 10 years," he said.

"We, however, will not be receiving any of the proceeds these expansion companies make. The support from those pizza companies will go to benefit missionaries traveling around the world. Our goal is to give away \$10 million every year."

As the day starts to wind down and it's time for the birthday party to come to an end, the girls decided to race the go-karts one last time.

The party, along with a few other customers, lined up on the starting line to claim this race's ribbon for themselves. After a hard-fought battle, birthday girl Brittany Adams wins again.

"Ah, beat by a woman," a young boy said while shaking his head.



Two addicts lament over forsaken loves and lost blood.

In a field full of adrenaline-crazed, armed, screaming opponents shooting potentially painful projectiles whistling through the air, Ryan Joyce and Slim Isenbarger can't consciously think about their surroundings. They can only feel the frenzy as a whole, in a dizzying blur.

"You can hear your heart beating all the time," Isenbarger said. "I really can't feel much, I feel numb."

Isenbarger, junior undecided major at Missouri Southern, and Joyce, freshman geology major, have been playing paintball for a combined 13 years.

"I call it more of an addiction than a hobby," Joyce said, "because once you start, it's hard to stop."

Both players describe their sport the way a druggie would talk of narcotics — saying they were each "hooked" on the adrenaline paintball gave them from the first time they played.

"It's like a rush all the time," Isenbarger said, at a loss for any-

more words to describe the feelings his vice provides.

"With 20 guys yelling and screaming and shooting paint, you have to be pumped up," Joyce said.

Isenbarger and Joyce are teammates on the Missouri Magic, a Joplin-based amateur team, which has corporate sponsorship and travels around the country to compete in tournaments. They said their sponsor gives them custom-built guns, while also providing them with ammunition, giving them huge discounts on paintball clothing and even assisting with travel expenses to and from tournaments.

Joyce and Isenbarger started out playing recreational paintball, but the lure of competitive play soon caught their attentions.

"I pretty much only play tournaments and practice for tournaments," Isenbarger said.

"That's where the rush is."

The men's craving to play in paintball tournaments is so strong,

in fact, that they have both sacrificed relationships to paintball.

"It got in the way of having a girlfriend," Joyce said, "but paintball won out on that one."

With the constant traveling and practicing, Joyce and Isenbarger said it's hard to balance a love life, but that's a consequence with which they're willing to live.

Isenbarger said he refused an offer to play the sport professionally because of a girlfriend, only to have the relationship end later, when it took a backseat to paintball tournaments.

"I took paintball above her, and that's what broke us apart," he said.

Emotional pain isn't the only distraction these paintballers are willing to overlook; they said physical injury is also an element in their sport, especially in tournament play.

"We try to hurt each other in tournaments, actually," Isenbarger said. "It's like a goal."

Joyce accepts the possibility of being shot and injured from point-blank range.

"I was playing in a tournament one time and a guy came from two feet away and put three (paintballs) on my left shoulder blade," he said.

"There was blood running down my shirt. That's just how the game works."

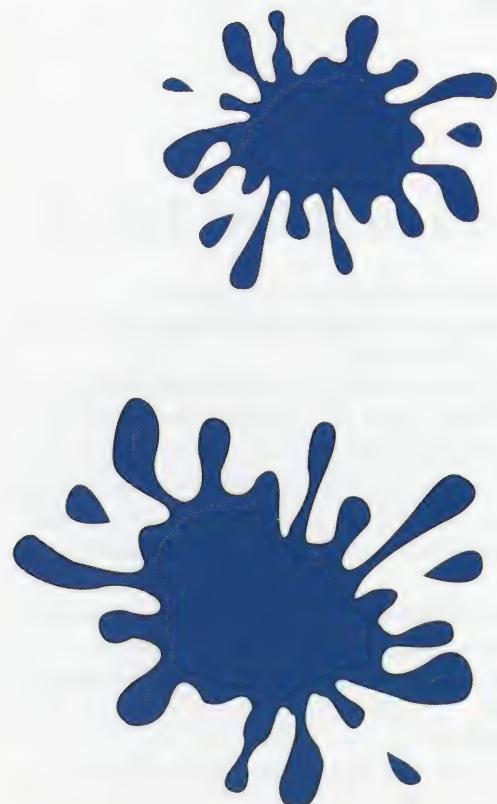
Isenbarger has also suffered a few battlefield souvenirs, such as

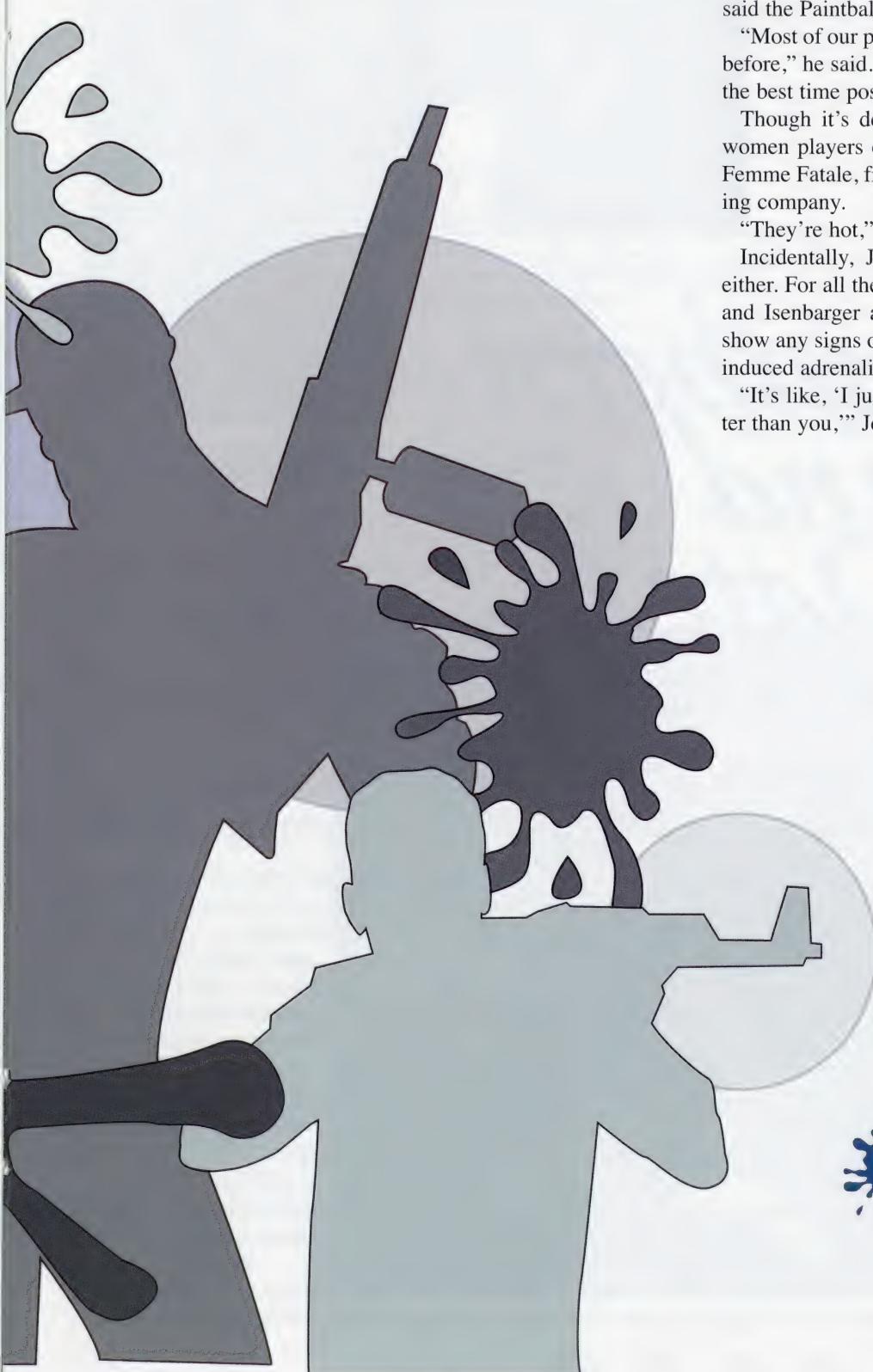
the time an opponent shot him in the groin, causing him to later urinate blood.

"I bet his barrel wasn't an inch and a half away...and he smoked me," Isenbarger said. "He probably sterilized me."

Despite the agonies of the game, Joyce and Isenbarger take the good with the bad. Both enjoy traveling to play in tournaments, where, Joyce said, more and more spectators are turning out.

**"I took paintball above
her, and that's what
broke us apart."**





"In the past, fields were in the woods and were hard for people to watch," he said.

"Now, they're in soccer fields or football fields, and a lot more people are starting to watch."

Joyce said last year in Florida, where his team competed in the World Cup, there was often standing room only in the bleachers.

Isenbarger enjoys the recognition he receives from spectators

and other players when they see him after a tournament, or at the Paintball Ridge in Joplin, where he and Joyce work.

"People come in and ask for what I shoot and what I wear," he said.

Many aspiring children seek him for instruction on game-playing techniques.

"We have a lot of young kids that look up to us," Isenbarger said.

Though newcomers to the sport may feel intimidated, Joyce said the Paintball Ridge is friendly to rookies and first-timers.

"Most of our players actually are people who have never played before," he said. "We try to keep them coming back so they have the best time possible."

Though it's definitely a testosterone-fueled sport, Joyce said women players enjoy paintballing too, like the team of models, Femme Fatale, from California, who represent a gun manufacturing company.

"They're hot," he said. "They're like, really hot."

Incidentally, Joyce said the models aren't bad paintballers, either. For all the ups and downs associated with the sport, Joyce and Isenbarger are paintball enthusiasts to the bone, and don't show any signs of wanting to come down from their competition-induced adrenaline highs anytime soon.

"It's like, 'I just beat you at something, so that means I'm better than you,'" Joyce said. "It's human instinct."

**"Most of our players
actually are people
who have never
played before... We try
to keep them coming
back so they have the
best time possible."**



**"I'm a little nervous, but I'm excited.
I'm anxious to see what we're doing."**

A Southern Blind Date

Story by Jerry Manter
Photos by Andy Tevis

Food, fortune telling and some hot cocoa can make any outing unique.

It didn't matter that the temperature outside was a crisp 31 degrees.

Never mind that the wind-chill was hovering around the single digits for most of the afternoon.

So, when Dakota asked Betsy if it was too warm in the car, he played around with the temperature controls and had the air conditioning on ever so slightly. At one point he almost opened the sunroof.

"Oh, don't want that draft to come in," Dakota said.

He wound it back, adjusted his radar detector that prematurely beeped and went back to asking Betsy a few more get-to-know-yah questions.

Maybe it was the layers of long-sleeve

clothing that made Dakota and Betsy a little too warm in the car. Or maybe it was the blind date upon which the two were about to embark.

They were all big questions to answer for Betsy Cooper, freshman art education major. Should Betsy go with the two-inch black American Eagle boots? Her favorite white shirt?

"I think my ex-roommate has it," Betsy said.

Along with her friend's advice, Betsy decided to go with the striped button up shirt. It was casual, comfortable and perfect for the occasion. After many attempts, Betsy was finally able to grab a small hint

about her mystery man. She wanted to know whether or not she would tower over him if she wore the boots.

"I like taller guys," Betsy said, who stands at 5-feet, 7 inches. "But I don't put limitations on a guy if he isn't tall."

Minutes before a knock on the door was expected, Betsy wound herself in a ball and planted herself on the couch.

"I'm a little nervous, but I'm excited," she said. "I'm anxious to see what we're doing."

Until date day, neither Dakota nor Betsy knew about the events planned for their afternoon.

After agreeing to participate in the blind date, Dakota Hosp a sophomore still search-



Freshman Betsy Cooper and sophomore Dakota Hosp were paired together for a blind date.



"I don't like blind dates because they are scary. You're in a situation when you have to talk with someone you've never met before."

ing for that right major, knew exactly what he had to do before he picked Betsy up at the residence halls.

"I should probably clean the car up," Dakota said.

Waiting until midmorning to wash the outside, he took his car to one of Joplin's many do-it-yourself car washes. That process left his hands extremely cold, and his car decorated with icicles. But it was worth it. It let his mind concentrate on anything other than the blind date — something Dakota thought he would never do.

"I don't like blind dates because they are scary," he said.

"You're in a situation when you have to talk with someone you've never met before."

Before Dakota knocked on the door, he received an itinerary of the afternoon. The piece of paper said they would start with lunch at Club 609, have a psychic experience and end the date with some hot drinks.

He folded the paper neatly into his pocket and drove his car closer to Betsy's dorm room. Holding a smile mixed with nerves and excitement, Dakota entered the lobby.

He was nervous, anyone could tell.

But so was Betsy, waiting on the other side of the door.

"Hi, I'm Dakota."

"Betsy."

"Nice, to meet you," he said.

Both sporting the coat-free look, they quickly sat inside Dakota's car.

"Want to pick out a CD?" Dakota said. "First time in my car people get to pick out a CD."

Betsy flipped through page after page, and decided with what looked to be a burned copy of an Incubus album.

"I made it a mission in life to go and see as many concerts as possible," Dakota said.

The two seemed comfortable from the

get-go. Although the conversation was choppy at times, it was consistent and steady.

"I'm an only child," Dakota said. "My parents were..."

"You're spoiled," Betsy said. "What's with that smile?"

"Because I knew you were going to ask that," he said.

They seemed to have a little fun with this topic as they headed toward the restaurant.

"Not having a sibling does have its drawbacks."

"Yeah, not being able to borrow clothes."

"I guess."

Like any first date, they had a few moments of silence. The first occurred as they drove down Seventh Street, passing St. Louis Avenue. But the silence was never awkward.

As they were close to pulling into the restaurant parking lot, Dakota shared a couple stories of his baseball days in high school.

"My best hit was a foul ball over the right field fence," he said.

Dakota swung and missed the first pitch when they walked toward the entrance.

He wanted to remember his manners

and shut his cell phone off.

That, however, left Betsy walking to the door first, having to open it for Dakota.

"Sorry, I was going to get that for you, but I wanted to shut my phone off," he said.

Betsy shared a smile and led her date into the lobby.

Their discussion continued on into lunch.

Dakota went with the Chicken Caesar Croissant, while Betsy ordered the French Dip without onions.

He warned her.

"I'm picky," he said.

He asked the waiter to make his sandwich plain along with asking a few questions about the dressing.

Betsy was on target with eye-contact. She was poised to almost always look directly at him. Dakota, who was never afraid to admit that he's shy, occasionally stared at the brick wall patterns behind Betsy.

But none of that distracted them from having a comfortable conversation.

Not even the kid at the table in front of them could distract them.

He enjoyed blowing bubbles into his soda and playing games with his straw and ice, his mother not once asking him to settle down.



Betsy Cooper and Dakota Hosp interview one another and share stories during their lunch at Club 609.



Dakota and Betsy visited Psychic Creations to have their palms read. Both were said to have a relatively bright future.

Waiting for the food to arrive, Dakota asked a couple questions that probably wouldn't win him any awards for top-conversation topics.

"Have you had any classes where you had to take a lot of notes?"

"What's your favorite food?"

But Betsy was just as curious as he was, and answered each one of them. Lunch arrived, with Dakota questioning his croissant.

"Hey, there's no cheese on this thing," he said.

"Maybe the waiter got mad at you," she said.

Betsy has had the same type of job since she was 16: waitress.

Lunch went well. Everyone enjoyed the meal. As the table was cleared, they waited for the check, not letting the conversation end.

"What's your favorite food?" he said.
"Oh, I already asked you that."

Dakota wanted to make up for his swing and miss before lunch. He made sure this time he was ahead of Betsy and offered to open the door to his car. They were about to make their way down Seventh Street for a palm reading at Psychic Creations.

Laura, owner of Psychic Creations,

asked for their right hands. Sitting at the table, they were both eager and curious as to what their hands were about to share.

"Both of you have long lives ahead of you," Laura said. "These slopes say that

**"As far as
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disappointments,
I don't see anything
like that. Your futures
are in the right
direction."**

both of you are heading in the right direction."

Finances, relationships, family and life in general reported having good energy all around.

"As far as any upcoming disappointments, I don't see anything like that," she

said. "Your futures are in the right direction."

After the reading was completed, Betsy and Dakota jumped back into the car. The reaction to the psychic reading seemed to be shared between the two. It was fun. Most importantly, it was different.

Participating in the last event of the afternoon, they drove to Joe Muggs for some hot drinks. Never having enjoyed coffee, Dakota went with the cocoa, and Betsy chose a caramel cappuccino.

Enjoying their drinks, they talked about classes, friends, spring break and even a story about "Mac and Cheese."

"That's probably a story that could have been skipped," Dakota said.

Like the restaurant, their conversation stood strong against distractions. A few feet away, into the adjoining bookstore, Books-A-Million, was a large pack of kids hungry for trading cards.

It was a Pokemon convention.

They walked around Books-A-Million looking at magazines and books. While Dakota flipped through the pages of a Caribbean travel book, Betsy shared with him that she's never seen the ocean. After they were finished scrounging through the



After the palm reading, Dakota and Betsy stopped by Joe Muggs. Dakota chose cocoa while Betsy went with the caramel cappuccino.

store, Dakota and Betsy went back to the car and headed toward Missouri Southern.

After all the interesting conversation, the chicken croissant without cheese, the future and the cappuccino, the date was now to its end.

They shared a conventional but comfortable good-bye with a hug.

"Well, I had fun," he said.

"So, did I," she said.

After the date was over, Dakota shared his feelings about the afternoon and his date.

"I thought it went well," he said.

"It wasn't as awkward as I thought it would be."

His highlight of the day was at Joe Muggs.

"It wasn't just asking questions," he said.

"We had conversation."

Like his impression of the afternoon, Dakota felt the same with Betsy.

"I thought she was pretty cool," he said. "She didn't make me nervous...and it's a good thing not to be nervous."

As far as a possible relationship goes, Dakota is unsure.

"I think we can hang out as friends," he said. "But I'm not discounting that there could be more."

Like Dakota, Betsy said she enjoyed herself.

"I had fun," she said. "It wasn't awkward like I pictured it would be."

Betsy didn't have any highlights of the date.

"All around it was good," she said.

Betsy said she wasn't sure what's going

to happen between herself and Dakota, but was open to the possibility of more.

"I could see myself going on another date with him," she said. "We will see what happens."

Before the date, before they ever met, both Dakota and Betsy said they couldn't believe what they were about to do (going on a blind date). It was something they never thought they would do.

After their experience, their feelings changed.

"I probably would go on another blind date now," Betsy said.

Dakota feels the same.

"I'm more willing to think about blind dates," he said.

"I found out that I'm going to live a long, lucrative life."



Driving Duties

Column by Cameron Bohannon

Is your car starved for attention?

So, a while back, I was driving down the road, 2:30 a.m., 20-some degrees outside, and my truck decides to call it quits. Did I have a cell phone? Nope. Hat and gloves? Naw. Don't worry though, I just had to hoof it through the bitter cold in the middle of the night, all the way home. Hmm. Guess I should have paid better attention to my automobile when I first knew something was wrong, huh?

"I believe cars have become such an integral part of our lives, their priorities need to be changed," said Larry Poole, owner of Top Tech Auto Repair. "We rely on our cars almost as much as we do our toothbrush."

Yet many people neglect to keep up on the little, week-to-week maintenance issues that keep their automobiles running, because they're too busy, too lazy or uninformed, which is exactly why they (or I, at least) end up walking, or worse yet, letting little problems turn into big, expensive ones.

Larry Cowardin, territory sales manager at O'Reilly Auto Parts in Joplin, said basic tasks like checking oil and antifreeze levels are often neglected duties that lead to larger problems down the road.

"No matter what kind of oil you use, the oil breaks down, and it can't lubricate the engine like it's supposed to," Cowardin said. "Oil needs to be changed every 3,000 miles."

A basic oil and filter change costs about \$15-20 done professionally, and do-it-yourselfers can spend less than \$10 to complete the simple job at home.

(Oil: that brownish slick stuff that lubricates your engine. If you haven't had it changed in a while, or ever, it's likely black and nasty by now, or you may be completely out of the stuff. That's bad.



If you don't know how to check your oil, now is a perfect time to learn. Consult the owner's manual or ask a friend to take two minutes to help you.)

Basic tasks like these are crucial to the life of an automobile.

"Quite often, it is a deciding factor of whether you replace your car or not," Poole said.

He said a good guide by which to remember these repetitious maintenance duties is the checklist of tasks performed by 10-minute oil change shops.

Another problem many drivers encounter is neglecting worn-out brake pads. Old brakes, left unattended, lead to warped, damaged rotors, which quadruples the repair cost.

(Brakes are what make your car stop. Yes, they wear out.)

"Most cars have a squeaker on the brake pad," Cowardin said. "When it starts squeaking, you know it's time to change them."

(Your job: next time you drive, turn off the stereo and listen to what the car has to say. If you hear a squeaking sound when applying the brake, get it checked it out.)

The going rate in town for a front brake replacement runs in the \$100 neighborhood, and the job would cost \$20-45 to do at home.

"Plain, front-wheel disc brakes are no big deal to change," Cowardin said. "It would probably take a person who's not a real great mechanic or doesn't know a whole lot about it a couple of hours."

Poole said, however, with today's technology, he doesn't recommend uneducated owners make their own repairs.

Both professionals agree, however, that waiting around when you think there's a problem is not the right answer.

Though we can't all be mechan-

ical geniuses, the more we learn about our cars, the bigger return on the investment.

"We all know how a car feels, sounds and smells," Poole said. "Anytime something is different about it, that's a good indicator something is wrong. That's something you really don't have to have any knowledge about."

When it comes time to take the car to a mechanic, many owners fear being duped into paying for something they don't need, simply because they don't know any better. Many mechanics are honest, but Cowardin recommends drivers find a trustworthy technician with a good reputation before letting just anybody pop the hood.

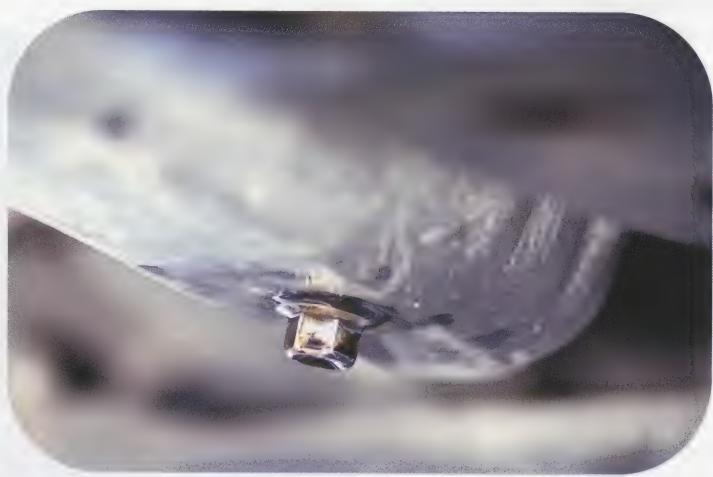
Poole agrees.

"Just because your mechanic has a great smile doesn't mean he's a great guy," Poole said.

"If someone's trying to feed you a line, BS you, you don't need that. That gives us all a bad name."



**"Just because
your mechanic has
a great smile doesn't
mean he's a great guy..."**



oreillyauto.com
allows users to find
and order the parts they
need and check
availability at nearby
stores

**"I believe cars have become such
an integral part of our lives,
their priorities need to be changed..."**



Poole recommends getting more than one opinion and shopping around for the mechanic one feels comfortable with.

"Everybody needs to find someone they trust and stick with it," he said, adding to always trust gut instincts.

A dead giveaway you're dealing with a shady shop is when the mechanic or service manager won't take the time to explain exactly what the problem is and what they're going to do to fix it.

"My biggest thing is with service managers who won't take time and explain what needs to be done," Poole said.

He said to ensure receiving good service, take a friend or relative who knows a little about cars along when talking with a mechanic, don't be afraid to ask questions, and make sure they stick to their word.

"Repair facilities need to do exactly what they say they're going to do. No extras," Poole said.

The best way to prevent being taken for a ride is to educate yourself about the workings of your automobile, regardless of whether you plan to work on it yourself or take it to a mechanic. Auto part retailers offer learning resources like books and how-to manuals, and free, step-by-step guides can be found online at many reputable sites and auto forums.

"The best way to learn is just dig in and do it..."



Look at the dash to see if your vehicle's warning lights are on



diynet.com offers workshops, forums, professional answers to common problems, and how-to guides

Tire pressure should be checked once a month. Pressure gauges can be purchased at auto parts stores for less than a \$1



Cowardin said no formal training is necessary for individuals who do wish to learn about maintaining their vehicles and performing repairs themselves.

"The best way to learn is just dig in and do it," he said.

Sadly, there's more to having a car than just getting in and driving. That is, at least, if you want it to last. If you're like me (a financially challenged college student), you can't afford not to upkeep your automobile, so be aware if it's trying to tell you something.

"It's like any other relationship," Poole said. "When someone talks, the other has to listen."

So go to your car, pop the hood, look around, check some fluids, inspect some tires, listen to the engine, and say to your car, "Baby, I know you got needs. I treated you so bad, baby, but I'm here to make it all better. Speak to me."

Your car will thank you.

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good time
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In Style

By Natosha Rogers

Fashion is displayed in a variety of ways.

Most people in the world have their own sense of fashion or style. It's how they express themselves to others. People's styles can reveal personality, character and even taste.

On the bedroom floor of Amy Ward's room lies a ton of clothes, and around 10 pairs of shoes (not counting the ones in her closet). Ward is a freshman sales and marketing major at Missouri Southern who chooses comfort over fashion when going to class.

"For school, I like to wear anything that's comfortable," Ward said. "So, I usually wear some baggy jeans and a sweatshirt or a long sleeve T-shirt."

Ward finds it somewhat pointless to get all dressed up for class.

"I'm always really tired in the morning, so I don't want to dress up for school," she said. "I'm only there for a few hours out of the day, and then I just go home. There's not really anyone I'm trying to impress at school."

Ward doesn't understand why some people feel the need to get all fixed up for class.

"I don't see how some people can walk across campus in some of the shoes they wear," she said. "And I think it would be so uncomfortable to wear a mini skirt to school. I just don't get it."

Ward does get dressed up for certain occasions, but her idea of dressing up is "a nice pair of jeans and a nice shirt."

"I usually dress up when I go dancing because I love to dance, and it's just more fun when you dress up," she said. "Or, when I go out with my boyfriend, if we go out in public, I sometimes dress up."

Shape or form; configuration.

The prevailing style or custom



Something, such as a garment, that is current

the style characteristic of the social elite

\Fash"ion\, n. [OE fasoun, facioun, shape, manner, L. facioun, orig., a making, fr. L. factio a making, fr. facere to make]

fashion

n. fash-ion

Her favorite dressy outfit consists of a pair of Silver brand flare jeans that have a whisker wash on the front and a slit at the bottom of each leg. She pairs this with a slightly revealing black shirt. She tops it off with a black belt and either boots or chunky sandals, depending on the weather.

Ward's favorite stores to shop are American Eagle, The Buckle and Express.

"American Eagle's clothes are casual, but can be dressy at the same time, and they're not too expensive," Ward said. "For my dressier clothes, I like The Buckle and Express."

Her attire can be described as trendy and cute, even when she dresses for comfort.

"My wardrobe is mostly casual and comfy," Ward said. "But when I want to look nice, I know I can."

Her style expresses her individuality. She knows it's not the best in the world, but it's what she likes.

On the other hand, some people dress up for class every day, depending on what one considers dressing up.

Amy Kihenia, senior international business and German major, said this area is more laid back compared to some of the larger cities she's lived.

"In bigger schools that I've went to and in the cities, dressing up is like normal dress for every day there," Kihenia said.

"Dressing up would be when you go out, and you really go all out with a cute shirt, designer jeans and something Gucci, Versace — that's dressing up for me."

Kihenia lived in Germany for five years and attended the University of Hamburg for two years.

"With times changing and everything, it's hard to say, and then it depends on where I am," said Kihenia, while describing her style.

"Your fashion here is totally different from elsewhere, and what's popular in each area is so different."

Kihenia's shopping preferences lie beyond the four-states.

"Here in town, there's just not much," she said.

"One of my favorite stores is Banana Republic, and in Europe and on the East Coast, there's a great store called H&M."

Peasant-style tops, flare pants and fringe belts are some of the most popular trends right now, according to Averi Tucker, co-sales manager of Express at Northpark Mall.

"I think as far as women go, it's a very strong and confident look

that they're going for," she said. "And our store caters to all different age groups."

Tucker said for the most part she dresses the same outside of work as she does at work.

"If anything, I would dress more funky [outside of work]," she said. "I dress more professional at work than I would regularly."

Accessories are one of Tucker's most prized possessions.

"I'm an accessory nut," she said. "I think that you can totally make an outfit with accessories. My belts, my shoes and my jewelry would definitely be my favorite things."

Shoppers at Express usually return. The employees know some customers by name and hope to assist them when they come in.

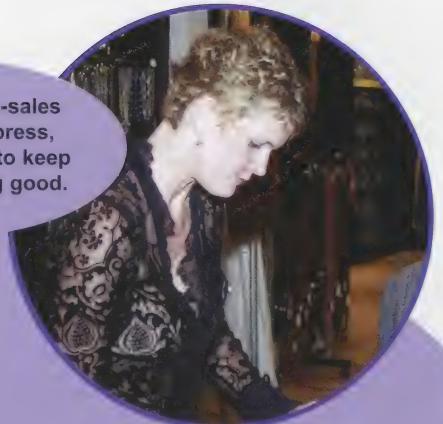
"We have our shoppers that come in at least once a month," Tucker said. "They want to be shown all of the newest merchandise that we have, and most of them don't even try on. They just buy it."

Tucker advises those who can't afford to go through every fashion a store comes out with to invest in accessories. She said that's the cheapest way to go, and the best way to stay stylish.

Styles come and go with the times. They seem to rotate through the years and one never knows what may be in style next.

"There's nothing I would say I would never wear," Kihenia said. "It depends on the times really, because there are some things that I have said I would never wear, but then the trends change so much that it actually starts to

Averi Tucker, co-sales manager of Express, works diligently to keep the store looking good.



"We have our shoppers that come in at least once a month. They want to be shown all of the newest merchandise that we have, and most of them don't even try on. They just buy it."

look cute. I don't really focus on just what's trendy. It's also got to be what I'm comfortable in."

On the other hand, some people don't care what's trendy. They have their own style that's different from everyone else.

Taylor Kubicek, who is attending Southern to receive an associate's degree in arts, decided to dress the way he does for the fun of it.

When he walks into a room, he may receive some strange looks. His dark denim Levi jeans, which he says are now considered to be cowboy jeans but used to be worn by Greasers in the '50s; his free, white T-shirt with an organ picture of the heart naming all its parts; his \$2 light blue button-up shirt, worn over the T-shirt, with different colored lines throughout; his blue suede shoes, which he describes as "hobo shoes with Ninja Turtle toes;" and his tam cap, which was also free, depict just one of Kubicek's eccentric outfits.

He said his personal style of dress is basically an extension of his personality. He buys most of his clothes secondhand.

"In town, I usually go to the DAV," Kubicek said. "And then there's Goodwill, which is a little overpriced, and Salvation Army, Twice as Nice and rummage sales."

Kubicek explained why he chooses to shop mostly at secondhand stores.

Amy Ward raids her floor and closet for a shirt to wear and checks herself out in the mirror.





"It depends on the times really, because there are some things that I have said I would never wear, but then the trends change so much that it actually starts to look cute..."

Amy Kihenia enjoys shopping in Europe and on the East Coast.

"I go to thrift stores because I used to work at one, and there's just mountains of stuff in the back, and we had to throw so much stuff away," he said. "It's pretty sickening how much people buy in excess, and they don't need it."

Kubicek said he doesn't mind buying new clothes, as long as they're quality. But he really enjoys having fun with old clothing.

"With used clothes you can find a lot better aesthetic appeal," he said. "They have a genuine quality about them because they're old."

Kubicek's closet is filled with a wide variety of choices.

"I have a wardrobe that's pretty much mix and match," he said. "I buy things that'll go with everything else, so all my clothes pretty much go together."

Kubicek never frets about what he might wear to class on a given day.

"I'm pretty lazy, really," he said. "I like to just wake up in the morning and throw whatever on — that's on the ground — and maybe I haven't washed it in a week or so."

Kubicek's style comes from a mix of different fashions and genres.

"With used clothes you can find a lot better aesthetic appeal... They have a genuine quality about them because they're old."



Taylor Kubicek takes a break to relax in the library.

"I take a lot of my style originally from the stereotypical picture of a '50s beatnik," he said. "I was really into that when I was younger, so I thought it would be funny to replicate because we're so off that track now."

Kubicek's main point is "it's just clothes." He doesn't understand why outward appearance is so important to some people.

"I'm not a materialist," he said. "Clothes are just fun things to wear. If I had to wear a sack cloth, I would."

He doesn't really care what others think of his outward appearance.

"I'm probably looked at as eccentric and weird," Kubicek said. "I think of the word weird as not necessarily a negative thing. It just means different and out of the norm, and that has to be true about me, I suppose."

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Kara Benelli poses for a photographer at Kay Modeling Agency. As a model, Benelli does photo shoots for large companies, like Leggett & Platt, as well as amateur photographers working on their portfolios.

Life On The Catwalk

Story by Kayla Nash

Photos by Christine Thrasher

Kara Benelli never planned to become a model. She already had her life the way she wanted it, and looking gorgeous for a living wasn't exactly in her plans.

The humming white lights of the Wichita Supercenter drained the color, yet somehow managed to add vigor to a multitude of anonymous shoppers' faces. Twenty-five-year-old Kara Benelli stood alongside her father, her head only coming to about half past his elbow. The two walked through the aisles of Wal-Mart as most people do — in a sort of wide-eyed, finger strolling kind of trance. Only stopping in the city's Wal-Mart for a few things, the uncanny vortex of the store forced them to make it a longer visit.

Just when every aisle started to look exactly like the last and Benelli and her father began making their way toward the checkout counter, a beautiful smile abruptly stopped them.

"Have you ever thought about doing pageant work?"

The girl looked to be only about 17 years of age and the question came from her with a great amount of confidence.

"No, I haven't," Benelli said as the girl handed her a business card. The child obviously assumed Benelli was much younger

than she actually was. Benelli looked down at the card and examined the words which told her this girl wasn't an average teenager. She was the Miss Teen Kansas winner of the previous year. Benelli could hardly believe it.

Throughout Benelli's life, there has been a number of people who have occasionally commented on her appearance. Her parents have always showered her with talks of her beauty, her boyfriend enjoyed the sweet blush in her face after he made a heartfelt remark, and sometimes even her friends have casually mentioned she might be slightly on the stunning side. But, did compliments from any of these people even begin to give her grounds to try modeling? Benelli never believed so.

When Benelli returned to her hometown in Eureka, Kansas, later that night, she took the young girl's words to sleep with her. It was somewhere between sleep and awake that night when she decided to take a look around and see what modeling had to offer.

Though born in 1972 in Lyons, Kansas, Benelli spent the majority of her childhood in Eureka, surrounded by the loving care of her adopted family. As a small child, Benelli was a far cry from a career in modeling. She struggled daily with low self-confidence, intense shyness, and a devastating fear of speaking in front of people.

"I was also a tomboy," she said. "I had my hair cropped really short. I was into a lot of sports and continued them throughout high school. I was not what you would call a feminine person."

It wasn't until her freshman year at Butler County Community College in El Dorado, Kansas, that she began taking more notice of her outer appearance. Her developing interest in photography and her complimenting new boyfriend (now husband) each played vital roles in the new way in which Benelli began presenting herself to the world. It was Miss Teen Kansas at Wal-Mart, however, who gave her that final push into the modeling scene.

"I didn't think I was bad looking, but I didn't think I was attractive enough to actually go anywhere or do anything worthwhile in modeling," she said. "Also, people really stereotype models and, I'll admit, when I was younger, I probably did, too. I thought, 'Oh, they're just all looks and no brains,' and I didn't want to be thought of as that."

With the chance encounter swimming inside her head, Benelli came upon a newspaper ad for Kay's Modeling Agency. Not knowing what to expect, she called Kay Watkins, director of the agency, and set up her initial visit.

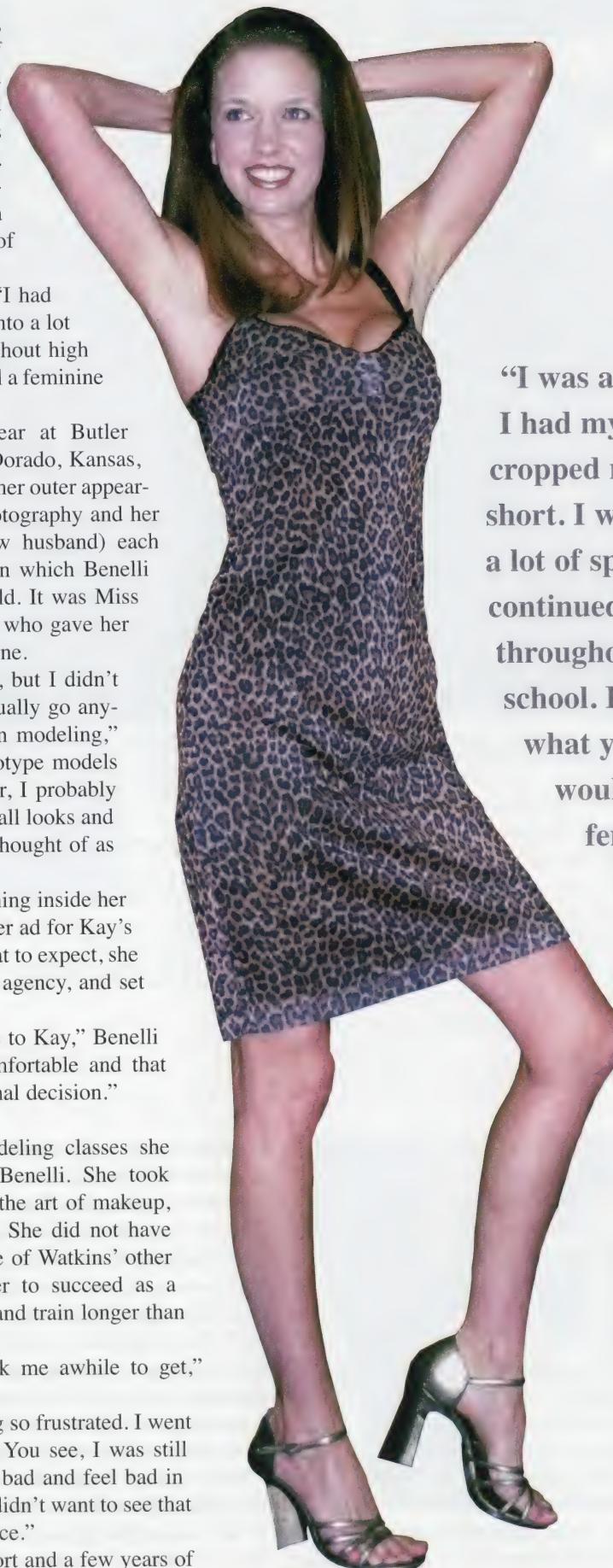
"I was so impressed when I came to Kay," Benelli said. "She made me feel very comfortable and that made a lasting impression on my final decision."

The 16 weeks of beginning modeling classes she enrolled in were challenging for Benelli. She took classes that taught model walking, the art of makeup, drama, dance and public speaking. She did not have natural modeling abilities that some of Watkins' other students take for granted. In order to succeed as a model, Benelli had to work harder and train longer than the rest of the group.

"It (the basics of modeling) took me awhile to get," Benelli said.

"I would come out of there feeling so frustrated. I went home and practiced and practiced. You see, I was still very shy and I didn't want to look bad and feel bad in front of the rest of the girls. Also, I didn't want to see that same look of frustration in Kay's face."

After an enormous amount of effort and a few years of



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(Above) Benelli transforms herself from student to model with the same kinds of beauty products used by most women. (Below) Benelli plays around during the time between photo sessions.

practical experience, Benelli has become one of Watkins' most sought after models.

"Kara benefits from tools of the trade that only experienced models are able to use," Watkins said.

"For instance, Kara waits for the photographer or whoever she is dealing with to give her instruction. It is important for models to follow directions because a lot of the time people already have an idea of what they want."

Over the years, Benelli has polished an elaborate portfolio detailing her work in print advertising, television commercials, promotions, runways, swimwear, pageants, and she has even had the honor of portraying "Live Barbie" at the Wal-Mart in Neosho.

Some of her most exciting modeling experiences include two trips to the Bahamas for the Miss American Dream Girl Pageant. In this swimwear pageant, contestants were selected based on appearance and stage presence to be featured in the Miss American Dream Girl Calendar for the following year.

"The first time I competed, I did not win, but when I went back

the second time, I was lucky, and I did end up winning," she said. "But, actually, I received a vacation in the Bahamas both times and gained a great experience. Even when I didn't win, I was not at all disappointed."

Benelli does not plan on spending the rest of her life as a model. She finished out her master's degree in psychology at Pittsburg State University and is looking for a good job in that field. Modeling will always have a special place in her heart, however, and she plans to continue doing weekend shoots and runway shows with the agency whenever she can. Watkins said Benelli would be hard to replace if she did ever decide to give modeling up for good.

"What has made Kara so successful and such a great model is that she takes it seriously when many others don't," Watkins said. "A lot of other models turn down jobs and just aren't at all interested. You have to actually enjoy it, and when you do like it, as Kara does, it shines in your work."

"I would come out of there feeling so frustrated. I went home and practiced and practiced. You see, I was still very shy and I didn't want to look bad and feel bad in front of the rest of the girls. Also, I didn't want to see that same look of frustration in Kay's face."





Holly Harris, junior early childhood education major, found equal footing at the end of her car-dealing ordeal when purchasing her first car.

Wheelin' and Dealin'

Story by Tasha Jones

Photos by Christine Thrasher

Student encounters few bumps in a mission to buy the perfect car.

She clumsily puts the car in park. Fumbling for her purse with clammy hands, she opens the door. Her legs are about to buckle and her throat is so dry she can barely swallow. This is the worst day of a woman's life. Today, she is going to buy a car.

Though this shouldn't be the kind of emotion a female feels when pulling into a car lot, more often than not the anxiety of negotiation is overwhelming.

Until recent years, it was few and far between that one would see a woman solely close the deal on a purchase as big as a car. Even if it is just to check out what is under the hood, the brother, father, uncle, cousin, boyfriend or husband makes a star appearance, making sure the female doesn't get the wool pulled over her eyes.

Holly Harris, junior early childhood education major, did happen to close the deal on her loan and negotiations for her first car.

Even though a male figure was not there during the paperwork, Harris said her boyfriend came with her "the first couple of times."

"When I bought the car and signed the paperwork I was all by myself," she said.

"I was nervous signing the paperwork because I didn't know if there was anything I should look for."

Harris, who bought her car from Roper Honda, said her dad also helped out a little by calling the owner of the company from which she bought her car. "But that was about it," she said.

Harris, a petite student with a shy demeanor, decided to get a new car because hers was "falling apart." She and her boyfriend made the decision for her to buy a new car based on their plans of eventually getting married.

"We decided since we knew we were getting married,



Harris remembers her confusion when she first read the sales tag.

also gave me a book for first-time car buyers. The loan was the least scariest part of the whole thing."

Harris said the car salesman she dealt with treated her no different than anyone else.

"He didn't make me feel stupid at all," she said.

Harris believes where a person shops makes a big difference in how they are treated. She also believes having her boyfriend come in with her gave her a bit of help.

This is exactly what Ryan Ritter, sales consultant from Roper Honda, wants to hear.

Ritter said roughly half the people shopping for a car at Roper are women.

"I don't think we treat women any differently," he said. "But in the past it was probably like that."

Ritter said the stereotypical attitudes of women buying cars are gone with the 20th century.

"I think people realize there are more women in the workplace and they are making more money than they used to," he said.

Pointing to the other male sales associates, Ritter claimed the decision is rarely left to the man these days.

"We're all married so we know women make the decisions in the house," he said. "A lot of men will send their wives in because the men don't like shopping."

Ritter said oftentimes the man will not make his 'star appearance' until the paperwork is signed because his name needs to be on the vehicle as well. Ritter believes some women fear they are not going to be treated right.

"I think some women think they are going to be taken advantage of," he said. "But there are many women that know more about cars than men do."

Tony Vonier, owner of Care-A-Lot Auto Sales, also said he takes women seriously. But he didn't hesitate to point out "if you drink your coffee with sugar and cream, you probably wear a bra."

Vonier, who is the "owner of the business, president of the cor-

poration and chief bottle washer," said he gets an average of 15 women a month looking for cars on his lot.

"I don't treat a woman any differently than I treat a man," he said. "Men wear the pants, but women control the zipper."

Vonier says there is a difference between men and women when it comes to the theory of money and how it will be spent.

"Men will hardly ever hold out on purchasing a car, but women



Ryan Ritter, Roper Honda sales associate, and Harris joke about the amount of paperwork it took for her to buy a car.

will because they know how hard it is to pay the bills and make the money stretch," he said.

"Not because they are going to put the money in the bank, but because they want to go to the mall and buy shoes. That's the truth."

Vonier believes women know the challenge they are facing when they are in the market of buying a car.

But there is one thing women have going for them; they have no shame.

"The average woman knows about as much about a car as a man does," Vonier said. "A man will come in and think he knows a lot, and a woman will come in and admit her ignorance."

Ritter said Roper, who has two female sales associates, takes women very seriously and does not make jokes or snide remarks about female customers.

"They're probably more important in the buying decision than men are



Harris proudly displays her new car, quite happy with the results of her first car-shopping experience.

nowadays," he said.

Vonier said he does not tell jokes about women trying to buy cars, but he believes the sales associates at larger car lots do. He advises someone buying a car to ask around and shop the smaller dealerships.

He quoted Socrates, saying: "Many people receive advice, but only the wise profit from it."

Vonier said looking at a Blue Book, a manual that gives the prices of used cars, is helpful too. Also, the Web site www.NADA.com has online listings and prices of new and used cars.

Harris advises women to not rush themselves.

"I got excited because I found the car I wanted," she said. "Take your time, look for the best car, and go to a mechanic you know."

A Day In The Making

By Natosha Rogers



Heather Hilton prepares for a new look.

11:00 a.m.

Hilton arrived at Hair Affair, a salon at 32nd and Wisconsin streets. Mandy Holt, cosmetologist, greeted Hilton as she arrived. Hilton and Holt consulted back and forth on what she wanted done. Hilton finally decided on two different colors that she wanted foiled in her hair — blonde and terra cotta (an auburn color).

About halfway through the foiling process, Holt asked, "How are you doing?"

"I'm all right," Hilton said. "This is just such a tedious process."

Once the foiling was complete, Hilton sat under the dryer for 15 minutes and then cooled for five. After cooling, Holt took the foil out and washed Hilton's hair. It was then time for the cut and style.

"Is there anything specific that you want done?" Holt asked.

"You just make it modern and cute," Hilton said. "But make it something I can do later."

Holt said she was going to razor the hair, put



Mandy Holt, cosmetologist at Joplin's Hair Affair, razors the ends of Hilton's hair to give it a fresh style.

some layers in, and make it look shaggy. After cutting and drying Hilton's hair, the styling process began.

"I kind of straightened it with my hands as I dried it," Holt said. "If you want to style it, you can run some Messed Up (a hair product by Head Games) through the ends, and it shouldn't take very long."

Hilton seemed pleased with her new hair-do, and then she was ready to get her nails done.

One Southern student goes from ordinary to exceptional.

Friday, 10:30 a.m.

A day in the making was about to begin. Heather Hilton approached in her white T-shirt and blue jeans with her light brown hair down on her shoulders. She seemed a little nervous about her plans for the day. She was about to be made over.

Hilton was somewhat indecisive on the plans for her new hair style.

"I don't want to totally change colors," she said. "Just more blonde and a little bit shorter."

Hilton, a 19-year-old nursing major at Missouri Southern, was expecting to come out with a new look.

"A look that's better than what I have now," she said.

She didn't want a drastic change, but just something a little different.

"I want to look natural," Hilton said. "I don't want to look funky or anything."

From an early age, Hilton liked to be made over. She thinks it's exciting to have new and different looks.

"Whenever I was little I always liked to do makeup, and I liked other people to do it on me because I'm not so hot at doing my own," she said. "It's just fun to do things like this."

Before the makeover began, Hilton said she was both anxious and nervous about what she would look like at the end of the day.



Alisha Gordon files Hilton's tips to blend them in with her real nails.

Alisha Gordon, cosmetologist, did Hilton's nails. She began by filing down Hilton's real nails.

"There's nothing to file," Hilton said with a laugh.

Then Gordon chose which tips best fit each nail.

"The nails on your right hand are usually bigger than the ones on your left hand because you use that hand so much," Gordon said. "They kind of expand."

She then carefully pushed Hilton's cuticles back, filed the bed of the nails, glued the tips on, and filed them down to blend in with her natural nails.

It was time for polish. Hilton chose a reddish color by OPI called "I'm not really a waitress." Gordon put on a base coat, two coats of the color, and a top coat. Hilton kept her hands under the light to let her nails dry.

3:30 p.m.

Hilton was off to Famous Barr to have her makeup done at the Estée Lauder counter by India Abbott, who has been employed with the company for seven years.

Abbott began by washing Hilton's makeup off and applying a skin care product called Idealist.



Several Estée Lauder products enhanced Hilton's face.

"It's a skin refinisher," Abbott said. "It evens out the skin tone, makes pores and fine lines less noticeable, and its main function is to exfoliate."

She applied Light Source Transforming Moisture Lotion and then an Equalizer Foundation that balanced out the dry and oily areas on Hilton's face.

"I apply the foundation with a brush because it causes you to use less product," Abbott said. "There's also less streaking and not as much bacteria on the brush as what's on your hands."

Abbott asked Hilton if she used concealer, and told her that everyone can benefit from this product.

If placed all around the eyes, it's a great base for eye shadow.

"You have a great face to work with," Abbott said to Hilton.

"You have good features and you have very pretty skin."

Abbott applied Translucent Loose Powder, and then it was on to color.

She asked Hilton what colors she preferred.

"I wear browns mostly," Hilton said. "I like to look natural."

They decided on using the colors in Estée Lauder's new spring line.

"I'm gonna do a spring look for you," Abbott said. "These are colors that will bring out your blue eyes and colors that you can wear all the time."

Abbott began with the eyes and applied three shades of eye shadow, eyeliner, filled in the eyebrows with a brow pencil, and then applied mascara.

Hilton decided to peek in the mirror as Abbott pointed out that the makeup really brought out her eyes. Abbott used a lip pencil, lipstick and lip gloss on Hilton's lips.

She completed the final touches with a soft matte bronzer through the cheeks, a touch on the chin, nose and forehead, and Pure Eden Brush Petals applied lightly all over.



(Top) India Abbott applies Blue Sphere eye shadow to enhance Hilton's eyes.

(Above) Estée Lauder's Pure Eden Brush Petals were used to give Hilton's face a natural glow.



4:30 p.m.

Hilton began her search for an outfit to go with her new look. She tried on various outfits at Express in Northpark Mall. A spring black dress with some red design, a cream colored skirt with blue flower print accompanied by a blue tank top, and some

casual striped pants with a navy T were the runners up to Hilton's favorite outfit. She chose some dressy black pants with a strapless pink silk top as her favorite.

"It looks better than I expected," she said. "I like pink, and I think it complements my face."

5:00 p.m.

The makeover was finally complete. Hilton seemed happy about her final look.

"I really like everything," she said. "I think the makeup ladies did a really good job with matching the colors with my features. As for my hair, I was a little skeptical as to how it was going to turn out, but as the day went on the more it grew on me and I started to like it."

Hilton was going home to Ozark to show her parents and boyfriend the end results.

"I really like everything. I think the makeup ladies did a really good job with matching the colors with my features. As for my hair, I was a little skeptical as to how it was going to turn out, but as the day went on the more it grew on me and I started to like it."

The Following Week

Everyone at home had something different to say about Hilton's makeover.

"Whenever I went home my dad was like 'What did you do to your hair,'" Hilton said. "He thought it looked really red, and he still teases me about it."

Her mom didn't have much to say, but her boyfriend was pleased.

"My boyfriend really liked it," she said. "We went out to dinner and he was like 'Wow, you really look good.'"

Hilton's own opinion is what matters most. She was glad to have had this opportunity and said she really enjoyed it.

"I really like my hair now," she said. "And I've gotten lots of compliments on it."

How to get this look:

Estée Lauder Products Used:

BEGIN WITH

*Idealist Skin Refinisher
Light Source Transforming Moisture Lotion
Equalizer Foundation
Concealer
Translucent Loose Powder*

ON THE EYES

*Eye shadows:
Lemon Square all over the lid
Berry Ice on lower lid
Blue Sphere on outer corners of the eye
Plumwood Eyeliner
Soft Brown Brow Pencil
Illusionist Mascara*

ON THE LIPS

*Automatic Lip Pencil - Fig
Pure Color Crystal Lipstick - Crystal Baby
Pure Color Lipgloss - Innocence*

FOR THE FINISHING TOUCHES

*Soft Matte Bronzer - Bronze Goddess
Pure Eden Brush Petals*





For the latest in stylish and en vogue trends in primping and pampering, look no further than the grocery store.

Actually, the idea of using produce and food products as spa treatments isn't so new at all, though its popularity is catching on like mango on a hair follicle.

Such methods have been recorded as long ago as Cleopatra soaking herself in spoiled milk and rotten fruit.

While most people would not go so far for shiny hair or a porcelain complexion, some are still willing to try the hottest method with the best results.

Sugar, salt, oil and ginger are items one would expect to see in a kitchen pantry. But they are also lining the shelves of several spas across the country. While sugar and salt seem fairly inexpensive, the problem is, these ingredients could cost a willing customer well over \$100. Unless, that is, one makes the product. Sherry Wright, owner of Bioskin Face & Body Clinic in Joplin, started making her own spa and beauty products after several disappointments with most commercial products.

"One product doesn't work for everybody," Wright said. "People's skin just isn't oily, combination or dry."

Wright also found the products were

"One product doesn't work for everybody. People's skin just isn't oily, combination or dry."

"Products are absorbed through the skin 70 percent more than ingesting. It's a really great thing for your body."

becoming too expensive, so she made her own.

"I started getting the raw herbs," she said. "As I do the body, I put what that person needs into the formula."

Wright, who has owned Bioskin Face & Body Clinic for 10 years, said all of her herbs are Missouri herbs.

"I custom-blend formulas for in-house use," she said. "I make salt scrubs, mud masks, lip balms and many other products."

She does a great deal of her business with Fox Farms Wholesale Foods.

Diane Sneed, a sales associate at Fox Farms, believes custom blends are the most effective.

"Products are absorbed through the skin 70 percent more than ingesting," Sneed said. "It's a really great thing for your body."

Sneed gave examples of natural product use. Some are fairly new and others she said date back to "biblical times."

"These methods are old," she said. "The basic soap was made from the ashes of a fire; Native American women found roots in the forest which they used to wash their hair."

"Cleopatra's people had to find ways to protect their skin while they were in the desert. And in the Bible, the anointing oils were such a great benefit for the people in the desert."

Pour Some Sugar On Me

Story by Tasha Jones
Photos by Bill Shepherd

Spas and students divulge beauty on a budget.





Homemade organic food scrub from avocado can be used to clean and moisturize the feet. Many people make their own products at home.

Sneed said a "pretty high" percentage of people buy products from Fox Farm to make their own tonics at home.

"With our many basic ingredients you can make bath salt, soaps, herbal poultices, lip gloss, lotions and aromatherapy blends," she said.

Sneed said the ancient methods are being rediscovered because of the changing needs in today's society.

"People are so allergic," she said. "And our environment has so many toxins; people are discovering that."

Sneed said while the methods are very old, they are becoming more "mainstream and commercial." Wright agrees with Sneed.

"Products sold at Bath & Body Works and other such stores cannot always be trusted," Sneed said.

"You don't know how long that stuff has been sitting on the shelf. And, people are paying a really high price for what is mostly water."

Wright believes there is a "satisfaction" people get from making their own products.

"If they made it, then they're going to like it because they picked it out," she said. "There are all kinds of books that teach you how to do it."

(Just from my own experience, a combination of mango and honey did not leave me at all "satisfied," and it definitely did

not leave my hair shiny. It left stringy bits and chunks which required several encounters with my shampoo bottle before it was completely removed. But that's all part of the experience.)

Wright said educating her clients is what makes her different from other spas and stores.

"Products at Famous Barr are going to be no different than products at Walgreens,"

**"If they made it,
then they're going to
like it because they
picked it out."**

she said. "When you make it yourself, it's 100 percent active. I think that is important."

Wright has her esthetician, massage therapy and cosmetology license. She also attends an international spa training show every year.

Wright is continuing her education to better her services.

"I use one product line called Pharmagel, and then I add my infusions," she said.

"I'm also trying to teach people to help themselves."

At Oasis Salon and Day Spa, Aubree Templeman, owner/manager, says her staff "focuses on relaxation," doing everything from desert heat mud wraps, to the moisturizing seaweed wraps, to an aromatherapy salt glow exfoliation.

"People have such stressful lives these days; we get them in here and make them feel better about themselves," she said.

"We're not too into the New Age stuff. Seaweed is detoxifying, the desert heat mud wrap relieves stress and fatigue, and the salt glow buffs away dry, dull skin."

Templeman said factors such as low lighting, music and candles can create an atmosphere conducive to relaxation.

"These are all things people can do at home," she said. "Soak in a bath with aromatherapy candles."

Teressa Jackson, senior early childhood education major, has tried both spa treatments at a day spa as well as at home.

"I've gotten a massage, a mineral bath and a paraffin wax treatment on my hands and feet," she said. "I loved it, it was very relaxing, and I liked being pampered."

Jackson has done facial masks at home as well as salt foot scrubs, a hair mask and even an oatmeal facial.

"The foot scrub exfoliated my feet, and I did a hair mask that made my hair shiny and smooth," she said. "The oatmeal facial

was really messy, but it was fun and it made my skin soft."

She said the salt scrub gave her the best results.

"My skin was softer for a few weeks," Jackson said. "And my hair was soft right away, but the next day it wasn't."

She also said one of the best parts about it was the price.

"It was really cheap — between \$5 and \$10," Jackson said.

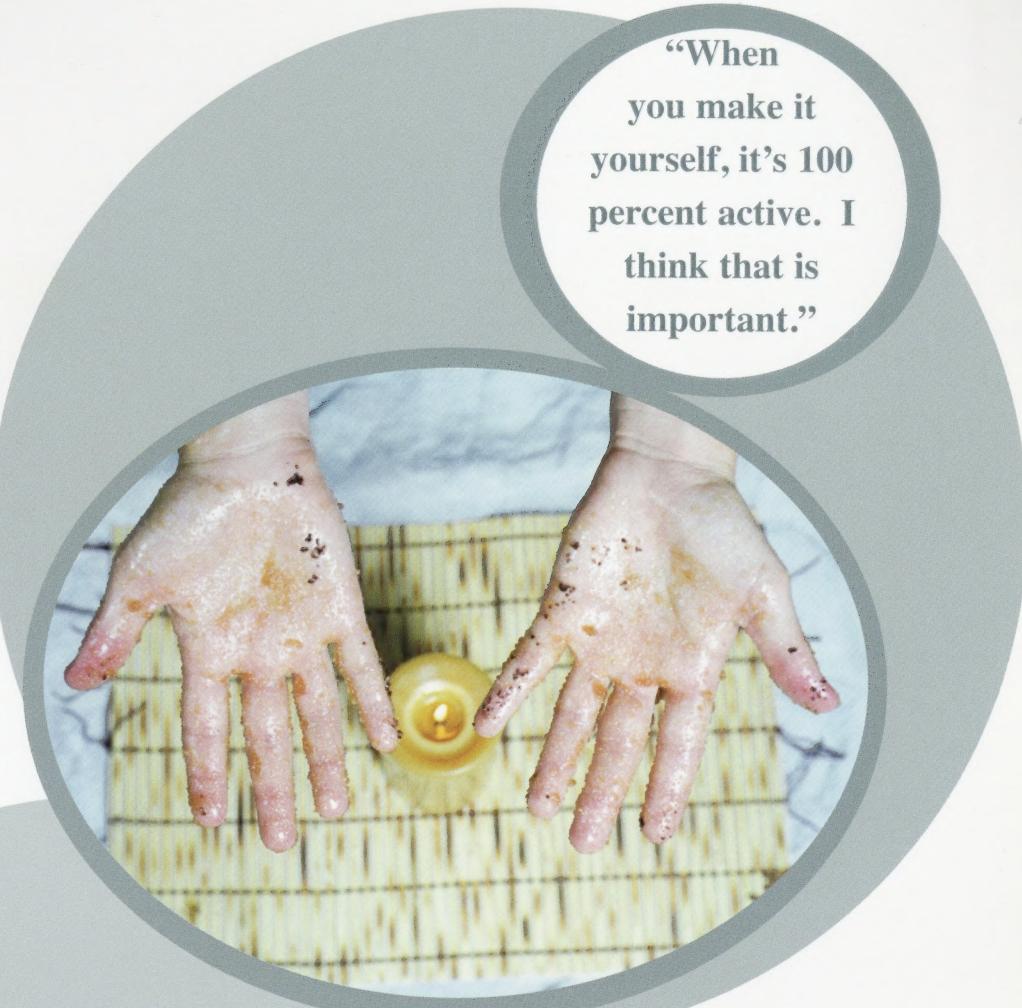
She said she had a good time trying the new products.

"It's fun and relaxing," she said, "especially when you do it with a friend and hang out all day."

Jackson said she had candles lit and music playing to help with the mood. Sneed suggests lighting incense or burning oils and listening to relaxing music.

"Sweetgrass and sage were considered by Native Americans to be cleansers and purifications," she said. "In the store, we are burning patchouli which is earthy; bergamot, which is uplifting; and juniper, which helps with refreshing and cleansing."

Sneed recommends people mix a few drops of the oils with water to make a longer lasting and less overpowering mixture. Also, she suggests Japanese or Native



Sherry Wright gives an herb facial to purify and soften the skin.

"When you make it yourself, it's 100 percent active. I think that is important."

American flute music, as well as "atmosphere music" to help with relaxation.

Some others to try are Norah Jones, Enya or the Dave Matthews Band.

Sneed said people interested in learning more about mixtures and methods are more than welcome to check out the library at Fox Farms.

She also advises people to test a small area first to make sure there are no allergic reactions.

"These ingredients are very powerful," she said.

"Just because they are herbal does not mean they are safe for everyone."

Some suggested Web sites to visit are www.seasonedwithlove.com and www.behindthechair.com. There are many different books to read on herbs and oils.

The Home Spa: Creating a Personal Sanctuary by Carol Endler Sterbenz and Genevieve Sterbenz is a good one to check out for making the products as well as a good atmosphere.

Sneed said she urges one more thing: "Don't be afraid to experiment."

"These ingredients are very powerful. Just because they are herbal does not mean they are safe for everyone."

